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THURSDAY, SEPTEMBER 4TH, 2014

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**RED ARROWS IN
SOUTH WALES!**
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'I'VE ALWAYS LOVED MAKING VERSES UP,
BUT THIS IS MY FIRST COMPETITION!'

At 84, Joyce is in line for a top poetry accolade

AN 84-year-old Cowbridge woman has made the final 24 in a national poetry competition which attracted more than 6,000 entries.

What's more, it is the first time in her life that she has entered a competition!

Joyce Wingfield lives in Llanblethian and has been shortlisted in the first 'Waitrose Year of Poetry' competition.

The competition, judged by famed Liverpool poet Roger McGough, received over 6,000 entries from across the UK.

Joyce's poem, 'Taking the Biscuit (2)', is one of 24 works to make the shortlist.

She has been writing poetry since she was at

school, but she waited until she was 84 before entering a competition. She explained: "I've always loved making verses up, but I haven't entered any competitions before."

"This is the first one after all these years."

Roger McGough, said about the competition: "Poetry has always been popular, it's just that people are rarely given the opportunity to express it. Thanks must go to Waitrose for flying the verse flag."

Waitrose launched The Year of Poetry Campaign in a bid to inspire people of all ages to get involved with poetry by encouraging them to try writing a poem for themselves.

The 24 shortlisted entries are currently being whittled down for Waitrose by Roger to decide on the top three poems. The winners will be announced on National Poetry Day, October 2.

The poems have been showcased in stores and published in Waitrose Weekend (Waitrose's weekly magazine).

'Taking the Biscuit (2)' by Joyce Wingfield

*It can be crispy or crunchy but
definitely munchy,
A flapjack will do for a start.
Be it chocolate or wafer,
(which one is safer?)
They're not very good for the heart.)
But I can't just ignore them
and want to explore them,
So - if it's a biscuit, I'll risk it!*

Cowbridge in Bloom winners announced

ON July 30, it was once again my pleasure to judge Cowbridge in Bloom in the sunshine.

The tubs along the river and the lamp posts looked superb, thanks to all the hard work by the volunteers who work so hard to water and attend to the plants.

It would be wonderful if more Cowbridge residents followed the example of the lady who lives in Wren Cottage, Westgate, whose display is fabulous and she does it all herself!

The other commendable 'frontages' are Eastgate House, No 18 Eastgate, 26a Eastgate, 8 Riverside Mews, 7 - 9 Westgate and 'Trefaen', Westgate.

The loveliest gardens are No 2 Cae Stumpie and No 31 Cae Stumpie.

It is the pubs, hotels and restaurants who make a supreme effort - The Thai Elephant restaurant, Verity's Court, The St Quentin's Courtyard and the main courtyard at The Bear Hotel and The Duke.

All these commercial properties are prepared to make the effort and spend the money!

E91 Classic benefits from a large bold pot at



**St Quentin's
Courtyard, The
Bear Hotel.**

the front door and they have been wise to choose plants which need less maintenance.

**RESULTS ARE
AS FOLLOWS:**

**Commercial
Courtyards** - St
Quentin's, The Bear
Hotel; **Commercial
Hanging Baskets** - The
Duke of Wellington;
Commercial Frontage -
E91 Classic; **Private
Frontages** - 26A
Eastgate; and **Private
Gardens** - No 31 Cae
Stumpie. **Hilary West
(SEE MORE
PICTURES
ON PAGE 4).**

LOCAL COMPANY HELP GIVE CHILDREN'S CHARITY BOOST

TIM JONES from Pontyclun Funeral Services recently presented Vicky George of local children's charity Follow Your Dreams with a cheque for £50 to support them with their work making children's dreams come true.

"The money was raised at the Vale Show by asking visitors to our stand to guess the weight of our solid granite Shrek," he said.

Pontyclun Funeral Services would like to thank all those who had a guess - Shrek weighed 480kg.

Simon O'Gorman from Pendoylan guessed the correct weight and won a Samsung Galaxy Tablet.

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POO BAGS: readers respond

WITH reference to doggie bags, like a recent correspondent, I often have my daughter's dog as well as my own, so was equally surprised when Cowbridge Library told me I could only have five poo bags at a time.

I reflected upon it. I

am a dog owner out of choice, and as a dog owner am in the minority.

I asked myself whether it was reasonable to expect the non dog-owning majority to subsidise the equipment necessary for me to fulfil my obligation to pick up my dog's mess.

I now happily buy my poo bags!
David Boulton,
Cowbridge.

'Entitled to bags'

IN response to last week's letters in The GEM, readers should stop giving Mr Rhodri Williams such a hard time for rightly complaining about a pathetic five doggie bags given to him by the council.

He is perfectly entitled to the bags as the council provide a service. I am sure he pays enough council tax to cover the tiny amount of money they cost to produce.
Sue Hall, Barry.

'Don't take the ice bucket challenge'

ANIMAL AID is urging the public not to take part in the ALS ice bucket challenge, as the Motor Neurone Disease Association – the main beneficiary of the craze in the UK – funds experiments on animals.

Such tests include those using genetically modified mice bred to suffer severe motor impairment and muscle weakness.

Quite apart from the appalling suffering it inflicts on animals, such research has repeatedly failed to produce effective treatments for humans.

Over the past ten years, around 12 experimental treatments that showed promise in animal 'models' of amyotrophic lateral sclerosis (a type of motor neurone disease) have been given to humans in clinical trials.

All except one treatment failed, and that only has marginal benefits in terms of patient survival.

For genuine progress to be made in treating this devastating condition, charities like the Motor Neurone Disease Association must focus their resources entirely on humane and effective non-animal research.

Isobel Hutchinson,
Campaigner, Animal Aid, Tonbridge, Kent.

English NHS 'doing badly'

THE letter By R Grant in last week's GEM predictably attacked the Welsh NHS, but said nothing to disprove the facts that show how badly the NHS in England is doing under the Conservative-led Government.

The NHS will never be safe under a Government that is determined to see it privatised and run by for profit companies.

In Wales, the NHS will continue to improve and will never be privatised as long as we have a Labour-led Welsh Assembly Government.
G Smith, Llantwit Major.

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Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, Don John, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk

LETTERS AND E-MAILS MUST INCLUDE FULL ADDRESS AND A CONTACT TELEPHONE NUMBER

IMPORTANT: We reserve the right to edit all letters. We do NOT accept anonymous mail. An email address alone is not sufficient!

We will (in certain circumstances) protect a writer's identity, if requested.

'We remember Private Benjamin (my hero uncle) with love and pride'

IMAGINE my surprise when I opened a copy of The GEM dated August 14, and saw a picture of my uncle, Private Benjamin Jeremiah, who was killed at Cambrai on November 23, 1917, in the First World War.

He was my late father's older brother, and in June 2012, my brother Ieuan Jeremiah, myself and two other family members, decided to visit the memorial in Cambrai where his name is engraved, to place a posy of poppies and to see his name on the memorial.

We found this occasion emotional, even though we had never met our uncle, who was only 19 when he died. His sporan, which he would have worn with his uniform, military plaque and a faded, worn newspaper with the account of his death are treasured by us as a family to this day.



It was interesting to learn that a memorial stone in remembrance of him and four other soldiers has always been on display in Trinity Presbyterian Church.

Also, we were not aware that he is remembered on the Cadoxton school memorial.

It seems, however, there has been some distress between Dr Jonathan Hicks and the members of Holy Trinity, and hope that this can be resolved, as we have been more than grateful for the added

information that this article has given us about our loved one.

We remember my uncle with love and pride, and wish that we could have had the opportunity of meeting him in person. I attach a photo of the Cambrai Memorial at Louverval in France (above), situated in a beautiful quiet rural area, which we took while on our visit.

Mrs Pamela Wooding
(née Jeremiah),
Barry.

'We need a post office!'

IAM 90 years of age and receiving help in travelling to shop, or any other help I may need.

Who, please, are these

short-sighted officials at the Post Office who have not seen how the absence of a post office in Cowbridge has completely disrupted the lives of many older people, like myself, to

the extent of making life even more difficult for them?

The only contact I have with my granddaughter and great-grandchildren in Australia is by letter; a letter takes approximately five days and has become part of the joy of my old age.

Cowbridge is an up-and-coming village, which now has Waitrose and a Smiths for stationery items – yet an essential part of our life is brushed aside without any attention paid to the lives affected!

Surely, someone has enough commonsense to know that the

withdrawal of an essential part of life today is a service that we cannot do without?

The journey I travel once every week means I have to 'walk' with my 'walker' (not automatic) the length of the High Street to the pillar box – NOT an easy task coping with the potholes en route.

Please, is there anyone who can, and will, put forward the case, not only of the older residents, but of many others who depend on this much-needed service to the community.

Mrs C Schrader,
Cowbridge.

£1,310 for cancer care

ANOTHER very successful strawberry tea in aid of Breast Cancer Care was held on Saturday, August 9 at Wick Sports Pavilion.

The organisers, Marian Munt and Carolyn Jenkins, would like to thank the team of helpers, everyone who attended and all those who donated so generously; £1,310.68 was raised.
Julie Ball, Wick.

VALE SHOW CHAIRMAN'S 'THANK YOU'

IWOULD like to thank all who made the Vale of Glamorgan Show another success – without our many volunteers, competitors, sponsors, traders and visitors there would be no show.

Thanks to Mrs Nicola Gibson who is stepping down as secretary, for her sterling and enthusiastic work over the past 16 years.

Also my thanks to The GEM for their special Show Feature the week prior to the Show and the continued support they give the society.

Ray Thomas
Chairman, VOG Show Society

'A bird's lot is not an easy one' says Sid the seagull

ON behalf of all of my feathered friends, I have to write in our defence against those humans who put us down.

I know we are big birds and very loud at times. We know that we do not tick all your boxes.

Yes, we do happen to come and live in seaside towns for a few months and we do come here for food too – because, sadly, fish just aren't plentiful at sea.

Besides, we do try to earn our own living by eating what you humans kindly throw away in your rubbish, as we certainly don't believe in

wastage.

We even do a dance for you as we hunt for worms when food is scarce.

Our lives aren't easy. Many of us die as we try to eat the morsels thrown from the vehicles you drive; a few of us have been hit deliberately and some have been targeted in other ways, too, even though we have protection under your laws.

We hope that one day we will all live in harmony and share the world that is all of ours.
Sid the seagull
and friends,
Chimney Pot Nest,
Barry
(as dictated to T Aberly).

Campaigners missing out?

WHY, in condemnation of the abhorrent practice of FGM (female genital mutilation) is nothing said about the equally abhorrent practice carried out when male children are subjected to circumcision?

Both have a supposedly religious significance, but why do campaigners only concentrate on the former?

Christopher Short, Barry.

FOOTNOTE: There are those who would argue that circumcision can also be carried out for purely medical reasons.

HIGH TIDE TIMES (UNTIL SEPTEMBER 11)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary.

For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time	Ht	Time	Ht
	AM	M	PM	M
04 Thur	01.24	7.9	14.14	7.8
05 Fri	03.04	7.9	15.51	8.2
06 Sat	04.25	8.4	16.58	9.0
07 Sun	05.29	9.1	17.53	9.7
08 Mon	06.21	9.8	18.46	10.3
09 Tues	07.11	10.2	19.31	10.7
10 Wed	07.54	10.8	20.15	10.9
11 Thur	08.39	10.7	20.59	10.7

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

Local award-winning novelist to appear at Penarth Book Festival

LOCAL award-winning author Belinda Bauer will be talking about her new thriller, *The Facts of Life and Death*, and the craft of crime writing, at an event in Penarth next month.

Belinda, who lives near Cowbridge and recently won the Theakstons Old Peculier Crime Novel of the Year award for 'Rubbernecker', has been lauded by critics and readers for her atmospheric and unpredictable stories.

In Rubbernecker, she brought the Brecon Beacons and south Wales vividly to life through the eyes of Patrick Fort, a young man who has Asperger's Syndrome and believes he may be examining a murder victim in his anatomy class.

In *The Facts of Life and Death*, Belinda has turned her attention to a young girl across the Bristol Channel whose fears are crowding in on her.

Belinda explained: "Ruby Trick is a ten-year-old girl who lives in a tiny village squeezed between the forest and the ocean on north Devon's wild coastline."

"She's chubby and not popular and is already worried – about the sea, the encroaching trees, and that her parents' marriage is falling apart – when someone starts to stalk lone women in the area."

"Ruby idolises her father, which is the dominant relationship in her life."

"In this book I was interested in examining the corruption and manipulation of a child –

Report by TIM CHAPMAN



Belinda won The Theakstons Old Peculier Crime Novel of the Year Award recently and is due to talk about the craft of crime writing at the Penarth Book Festival next month.

how adult values are absorbed and accepted without any objective filter.

"As the story unfolds, Ruby's physical and psychological isolation becomes increasingly dangerous."

Belinda's latest tale didn't require the same extensive research as Rubbernecker.

"Rubbernecker required huge amounts of medical research, but *The Facts of Life and Death* is a story that comes far more easily from personal experience of places and people."

"I did do a lot of research into the geology of the coastline and when the book was published earlier this year the area was in the news because of serious flooding during last winter's storms, so it was particularly interesting to have a better understanding of what was happening to the landscape there."

"I always want the

setting to contribute to the story, whether that means very evocative descriptions or none at all."

"I don't like to have long descriptive passages in my books, so I'm always trying to find the most succinct way to convey the surroundings."

"Often that is more about the details than the sweeping description. As soon as I have an idea, I start to think about characters and where to set the story. You have to get both of those things right for the book to fulfil its potential."

"I lived in north Devon and had always wanted to set a book in the real village on which I based Limeburn, because it is extraordinary."

Crime remains the most popular genre in fiction writing – but why is that?

"Because it's so exciting! A good crime novel has all the literary merit of good general fiction, with the added attraction of a thrilling plot, darkly fascinating characters and a clever puzzle you can try to work out for yourself."

"A great deal of the attraction lies in answering the questions a crime novel asks right at the outset – what happened? How? Who did it? And the most fascinating question of all – why?"

"Also, because crime sells, other writers are turning to it in order to explore some really interesting crossover fiction, and some of the most exciting writing around today is happening in the crime genre."

In her own 'reading time' Belinda enjoys more light-hearted fare.

"I like a book that makes me laugh, so Jane Austen and Bill Bryson are big favourites."

"As a child I read a lot of Stephen King and Philip K Dick, and I wish I could write like Neal Stephenson."

The 'Women in Crime' event takes place on Tuesday, October 14 (7.30pm to 9pm) at The Gallery, All Saints Church, Victoria Square, Penarth. To apply for tickets (£5) go to www.penarthbookfestival.org.uk; ring the Penarth Book Festival hotline number: 07787 848 337; or go in to Griffin Books, 9a Windsor Road, Penarth (formerly the Windsor Bookshop).

Friendly bowls game with a bit of needle!

AT the August meeting of the Cowbridge Friendship Club, it was time once again for the bowls competition, and once the teams had been selected, each member was out to score as much as they could for their respective team.

The competition was quite fierce – so much so that at nearly every end the cry went up "measure, please!"

At the start, the competition looked to be going to the blue team, who went surging ahead with a score of seven. The red team then gradually eased their way into the game and

with some excellent bowling they managed to win by a margin of 15 to 13.

All in all, though, it was an afternoon of fun and laughter – followed by the usual afternoon tea before members were taken home.

Members will be keeping an eye out for the weather for their September meeting which will be their annual outing, this time a trip to Penarth.

Meetings are held on the last Thursday of every month at Llanblethian Church Hall, when we have a variety of activities – so if you or someone you know would like to join phone 01656-668446 to find out more.

Pat Smith, Leader.

Hog roast raised £2,000 for Marie Curie hospice



Cowbridge Mayor Peter Knapp and Mrs Jo Knapp, together with Basil Watkins and Charles Readon Smith.

COMMUNITY NEWS

Your local correspondent is **NANCY DAVIDGE**
"Tynewydd", Llangan.
(01656) 860303
TREOES, LLANGAN & ST MARY HILL

TREOES HARVEST

A fantastic programme is being arranged for the Treoes harvest celebrations, which will be held on Sunday, September 7 from 2.30pm in the village hall.

Entries for the cookery, preserves and produce classes will take place between 12.30pm – 2.30pm and the hall will close between 2.30pm – 5pm for the judging.

From 2.30pm, visitors will be invited to visit the Treoes allotments to see the progress since last year's opening day. Saron Chapel will be open and serving tea and coffee from 2.30pm and it will host the annual harvest festival service from 4pm – 5pm.

Entries from the cookery, preserves and any produce classes will be auctioned at 5pm to

raise funds for Treoes Hall, Saron Chapel, and Treoes allotments. For more information telephone Nadia (07825 100271).

Saron Chapel
THE vestry and grounds will be renovated to provide a small function room upstairs and a kitchen, toilet and storage area downstairs.

Saron will remain as it is and will continue to hold a monthly service; repairs will be carried out where necessary, heating and lighting will be improved and the windows will be replaced.

Reminder
MATT Brind, well-known musical arranger of West End shows, will be at St Canna's Church, Llangan on Wednesday, September 10 at 7.30pm. Entrance fee: adults £3, children under 16 years, £1. All proceeds will benefit St Canna's.



ABOVE: Mrs Eleanor Eddershaw was presented with a bouquet for all the help that she and her family gave to the event.

COWBRIDGE fundraising group for Marie Curie held a hog roast recently, at the lovely Jacobean mansion Llanganor Court, which raised over £2,000 for the charity's hospice at Penarth.

More than 80 guests enjoyed the evening despite the rather cool weather.

Wedding Fayre

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Public Consultation Event

Development of Land off St. Brides Road, Wick

David Wilson Homes are producing proposals to develop land off St. Brides Road, Wick for high quality new homes. A critical part of preparing the proposals is engaging with the local community and key stakeholders.

Therefore on behalf of David Wilson Homes, Barton Willmore is holding a public exhibition to consult the local community on the emerging proposals.

The Public Exhibition will take place at Wick Sports Club Pavilion, Cwrt y Felin, Wick on Friday 5th September between 2pm and 8pm.

We look forward to seeing you.

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Countdown to Book Festival

Chris Bryant MP returns to the Cowbridge Book Festival, on October 24 at 7.30pm, in Cowbridge United Free Church, to talk about his book *Parliament the Biography, Volume II - Reform*.

This covers the extraordinary transformation of the last 200 years, when politics took on its current form.

He is a highly skilled and articulate speaker and on his previous visit the audience was impressed with his vast knowledge and his great fund of frequently amusing anecdotes.

On October 30, Welsh international rugby star Gareth Thomas will join us in St Quentin's Suite at The Bear Hotel, to discuss his book *PROUD My Biography*. He will be joined by his co-writer, Michael Calvin.

Gareth is committed to telling his story and this evening will provide just a glimpse into his inspiring and moving autobiography. He is a supporter of Childline and frequently visits schools to talk to pupils about bullying.

Finally, to round off the 2014 events, an intimate conversation between good friends, award-winning author Katie Fforde, debut novelist Jo Thomas, and local favourite, former BBC broadcaster Gail Foley.

Katie, who is consistently a top five Sunday Times best-selling writer offers her support to new writers through the Katie Fforde Bursary and it is through this scheme that Katie has befriended and become mentor to local novelist Jo Thomas.

This memorable evening will be presented at Cowbridge United Free Church on November 12 at 7.30pm.

All proceeds from Festival events are donated to Leukemia & Lymphoma Research and The Noah's Ark Appeal Children's Hospital of Wales. Details of all events can be found on the Festival Website www.cowbridgebookfestival.co.uk. Tickets are available online via the Festival Website or TicketlineUK or from David Barnes (Dry Cleaners) High St, Cowbridge or Nickleby's Book Shop, Pound Field, Llantwit Major. SRC

In and out of the Mayor's parlour

Remarkably, it is now three months since my installation as Mayor of Cowbridge with Llanblethian, so it seems opportune to look back through my diary and share with readers some memories and thoughts on the rich variety of life in our community.

The Mayoress and I had the pleasure of attending two events at Cowbridge School; the first was to celebrate a very successful first year of the school's rugby academy.

In conjunction with the WRU and Cardiff Blues, boys are given the opportunity to develop their skills and

train with members of the professional teams in the hope that Wales' best young players will stay in Wales rather than cross the Severn to develop.

A further event at the school was the annual exhibition of the work of the art and craft, design and technology students.

The imagination and technical skills on show were impressive and a tribute to the students and the staff, and the evening was a memorable one.

To those of you who came to Holy Cross Church, or who simply watched the parade on Civic Sunday, I am grateful for your support of an event which marks the sense of community.

We were fortunate this year to have the

South Wales Police Voluntary Band leading the parade, adding greatly to the sense of occasion.

During the church service, there were contributions from our three schools; the award-winning choir from Ysgol Iolo Morgannwg, a harpist from Cowbridge School and a delightful rendition of a poem written and performed by children from Y Bont Faen.

As a governor of the school, I was particularly touched by the presentation of sunflowers grown at the school and a jar of honey from the school's own hive.

Other memorable events were the annual concert of the Cowbridge Male Voice



*by Coun
Peter Knapp,
Mayor of
Cowbridge
with
Llanblethian.*

Choir, hosting the prize-giving for the creative writing awards at the Cowbridge Book

Festival, a reception at MoD St Athan, and a wreath-laying ceremony at the Merchant Navy Association Wales Memorial in Barry, commemorating the huge contribution to the war effort by mariners from the Vale.

Most recently, we enjoyed a full day at the Vale Show, which seems to get bigger and better every year.

All in all, a rewarding and fascinating three months, in the middle of which I managed to fit in a number of roles in the summer production of the Cowbridge Amateur Dramatic Society's *39 Steps*, which I am pleased to say ran to very appreciative full houses.

Looking ahead, there is a special exhibition:

'Keep the Home Fires Burning' at the Town Hall museum this Friday and Saturday.

I should be delighted if you were to complete your visit by coming into the Parlour for a coffee in support of my chosen charity for the year, Prostate Cymru; having, of course, visited our excellent farmers' market.

Lastly, do not miss the opportunity to hear world class musicians in the next weeks at the Cowbridge Music Festival.

We are incredibly lucky to have such a festival here in our town, and I hope to see many of you at one or more of the events (and, of course, at my coffee morning!).

Cowbridge is in Bloom as winners announced



31 Cae Stumpie.

Pictured left are more of the winners of the Cowbridge in Bloom competition. Well done all!

GARDEN OPEN

THE following is open as part of the National Gardens Scheme:

Bordervale Plants, Sandy Lane, Ystradowen, Cowbridge, Glamorgan, CF71 7SX: Within mature woodland valley (semi-tamed), with stream and bog garden, extensive mixed borders; mini wild flower meadow, providing diverse wildlife habitats.

Children must be supervised. The nursery specialises in unusual perennials and cottage garden plants.

Open Tuesday, September 9 (from 10am-5pm), admission £3.



The Duke of Wellington.



26A Eastgate.

Controlled explosion carried out at beach

A controlled explosion was carried out at Llantwit Major beach on Sunday, July 31.

The 'bang' was heard as far away as the town. On the Saturday afternoon, a member of the public had found a washed up phosphorus flare at Dimole. The canister was 13 to 14 inches long.

Llantwit Major Coastguard Rescue Team pinned it down on Saturday evening and the next day Royal Navy EOD - which stands for 'explosive ordnance disposal' - arrived in Llantwit and sealed off part of the beach.

At 12.50pm the unit carried out the controlled explosion.

Cowbridge RFC back in action

COWBRIDGE RFC warmed up for the coming season by entering the Llantwit Sevens last Saturday.

It proved to be both enjoyable and valuable. The boys had a good run, with nearly all the games closely fought. Cowbridge came third in their group, which put them into the plate competition which they won. Congratulations to the squad!

This Saturday, the 1st XV are away to Barry, with kick-off at 2.30 pm. All players are asked to make contact with team manager Dai Breed.

All support would be most welcome and it looks as if the weather could be kind. **RV/RK**

Bridge results

RESULTS for the Vale of Glamorgan Bridge Club for September 1, (WBU Sims night):

1st Mike Best & Kevin Maddox 66.90%,
2nd Alan Lewis & Terry Evans 62.96%,
3rd Geoff Tinkler & John Henson 62.50%.

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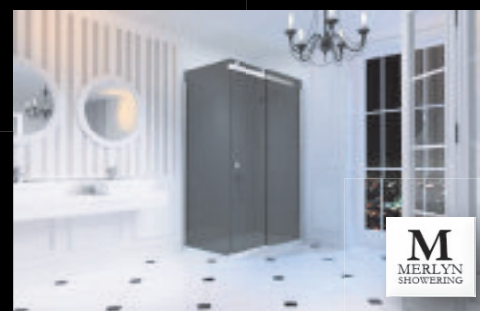
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Open invitation to historic event as cemetery marks its 125th anniversary

Saturday, September 13, 2014 is a date of huge local significance – Barry Town Council and Barrians will mark the 125th anniversary of the Merthyr Dyfan Cemetery.

It opened in 1889 with the first burial held in October of that year.

Since then, more than 40,000 people have been buried on its gentle slopes – grandparents, mothers, fathers, brothers, sisters and friends... In fact, it is probably fair to say that nothing is as important to the people of the town as the local cemetery.

The Town Council is keen that the public should share in the commemoration.

Cemeteries' manager, Angie Norman, explained: "Our special day will start at 10am and goes on until 4.30pm.

"There are lots of things planned – vehicles used during funerals throughout history, displays, walks and talks hosted by the friends of the cemetery, information from Glamorgan Archives and the Glamorgan Family History Society."

At 3pm, there will a

dedication service. A boulder marking the 125th anniversary will be dedicated. It has been donated by Simon Morgan, of Mossfords Monumental Masons.

Mr Morgan's grandfather donated the water fountain situated outside the cemetery chapel many years ago.

Barry Male Voice Choir and Barry Ladies Choir will perform in a concert at 4pm. The day will be an opportunity for people to consult cemetery records, learn about its history and how it is run.

Local funeral directors and monumental masons will also take part in the anniversary event.

The council works hard to ensure the cemetery is accessible and responsive to the needs of relatives.

It is open every day of the year, including Christmas Day. Seven members of staff work there throughout the week, and two over weekends and Bank Holidays.

The Friends of Merthyr Dyfan Cemetery hold well-attended services on Mother's Day, Father's Day and the last Sunday before Christmas, at which people can light candles in memory of loved ones. The

cemetery covers 56 acres, but as Angie explained, preparations are already in hand for the decades ahead.

"We are in the process of the final extension which should last 20 to 25 years."

Shortage of land in south Wales is a concern for organisations with responsibilities for burials. Barry Town Council has had discussions with other town and community councils in the Vale and they have collectively put their thoughts on possible solutions to the Vale Council.

Barry Town Council is still keen to track down descendants of the members of the original United District Burial Board who would have been in attendance at the formal opening of the Merthyr Dyfan (then Dovan) Cemetery in 1889.

Members of the board who were present at the opening of the cemetery in 1889 were: Mr ED Jones (chairman); Rev Canon Allen; G LI Williams; J Price and J Matthews; also in attendance were Messrs J Robinson, Oliver Jenkins, D Rees, G Garnett, J Barstow and E Lougher, together with Mr J A Hughes, the clerk Mr Thomas and the caretaker (whose

name is unknown).

If you are a descendant of any of the above named, the town council would like to hear from you and invites you to take part in the anniversary event on September 13.

Contact Angie Norman on 01446 704920.

RAFA in search for family of local pilot

THE Barry branch of the Royal Air Forces Association is trying to trace any local relatives of Lieutenant Albert Payne, a member of the Royal Flying Corps, whose grave is located in Merthyr Dyfan Cemetery in the town.

The Royal Flying Corps was the forerunner of the present Royal Air Force.

Second Lieutenant Payne was killed on January 13, 1918 aged 30.

He was the son of George and Susanna Payne. His

father had been a dock labourer in the ever expanding docks in Barry.

Albert was born in Cardiff and the family moved to Pyke Street, Barry at the turn of the century and later moved to Travis Street.

He went to school at Holton Road Council School, Barry Dock.

Albert was killed during a "fatal mishap" while in the air in a ferry flight from Hendon to Martlesham Heath. Engine failure was blamed – a common problem in the early days of flight.

His body was borne to his grave at Merthyr Dyfan on a

gun carriage covered in floral wreaths and he was interred with full military honours. Over 100 men and officers of the Lancashire Fusiliers and RFC were in attendance.

Jim Doyle, Branch Vice Chairman of Barry RAFA, said:

"We are hoping to contact any relatives of Second Lieutenant Payne, as we would like to include him in our commemorative events.

"If anyone has any information, they can contact me on 01446 740971, or email lynda.doyle@tiscali.co.uk".

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Comings and goings at Tabernacl Music Society

THE choir held a dinner at Southerndown Golf Club to mark the retirement of its musical director, Kevin Adams, who had conducted the choir for over 20 years.

Chairman Ron Norey paid tribute to the huge success of the choir under Kevin's leadership; the extensive repertoire and consistently high standard of performance were achievements of which Kevin could be truly proud.

The choir had been very sorry to hear of his decision to retire, but wished him well in the future and presented him with a cheque and an engraved tankard to remember his time there.

Kevin expressed his thanks, saying that his time with the choir had given him not only great musical achievement but also huge enjoyment.

A particular source of pleasure had been those concerts which had raised considerable sums of money for charities. He wished the choir every success in the future.

The choir has announced the appointment of Matthew Nash as its new musical director.

He is very enthusiastic about his new position and plans for the choir's Christmas concert are already under way.

Matthew studied performance and composition at Bristol University, graduating with BA, Hons (First

Class) and MA (Distinction).

He is also an accompanist and composer, having accompanied, amongst others, Llanharan RFC Songsters and Cowbridge Male Voice Choir.

He is currently joint Honorary Director of the Bristol-based choir 'Unity Singers' and also conducts Llantrisant Male Choir.

A welcome is also extended to two new accompanists, following the sudden death of Steven Burges last summer.

Rhian Jenkins has been with the choir since September 2013. She is head of music at Pencoed Comprehensive School and an experienced accompanist and choral conductor.

Garth Waite, who accompanies two other choirs locally, is assistant accompanist.

The choir is currently looking for keen, enthusiastic new members – there is no formal audition.

The next concert is in December, when it will perform a varied programme of music, including festive carols.

For full details on how to join the choir contact Mrs Sheila Adams on 07974 765578 or email enquiries@cor-tabernacl-choir.co.uk.

You can also visit the web-site:

www.cor-tabernacl-choir.co.uk/home/or

www.facebook.com/bridgendtabernaclchoir?fref=ts.

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CROWDS GIVE TAYA BIG CHEER FOR HER CHARITY SACRIFICE!



LEFT: Linda Harvey holds up Taya's plait.

PHOTOS by FRANK SHIPTON
frankshipton@mac.com
Tel 07790 882925



Taya holds her plait, as Alea gives her a hug.
BELOW: Alea gets to work on Taya's plait.



THE crowd at the recent Newton music and beer festival gave a special cheer to an eight-year-old girl from Pyle.

Taya Beechley had her long plait cut off so that she could send the hair to the Little Princess' trust, which makes wigs for children undergoing cancer treatment.

The cutting was done by her four-year-old sister, Alea, although she did need some help from her grandmother, Linda Harvey.

Taya then went around the festival field holding her plait, and collecting donations for the charity.

She is no stranger to fundraising for good causes, and was recently

presented with a 'Local hero' award for her efforts.

This year, she has been very busy raising funds for victims of the Philippines Typhoon disaster, which struck in December last year.

Grandmother Linda said: "Afterwards, we went to Naples Hair and Beauty in Pyle, for Taya to have her hair tidied up free of charge, as it was a bit of a mess after her little sister had cut it!"

"I really wanted to support Taya, so I ended up having my hair cut off as well. We will be sending our hair off to the charity this week, and so far, Taya has raised over £400 – and we are still counting."

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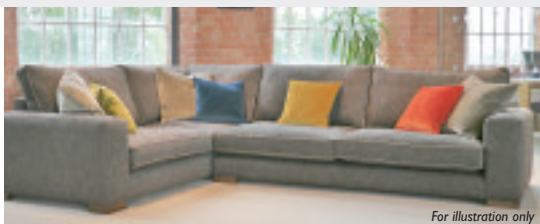
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Public's views sought on Vale homes plans

THE Vale Council is seeking the public's views on its draft Local Housing Strategy, which sets out the vision for housing during the next five years.

The draft strategy aims to make sure that all residents in the Vale of Glamorgan have access to good quality, suitable housing and are able to live happily and independently in vibrant, sustainable communities," a spokesperson stated.

"It also sets out four key goals; to provide more homes and more choice, to improve homes and communities, to provide better advice and support, and to promote equality of access to services."

The council is keen to obtain the views of residents and stakeholders, and has opened a public consultation, which will continue until

September 28. The questionnaire, as well as a copy of the draft strategy, is available online at www.valeofglamorgan.gov.uk/LHS. Hard copies are available to view in all Vale libraries, and at both the Civic Office and Docks Office.

Drop in Sessions will be available for residents to discuss the strategy and give any feedback. The Civic Office, Barry will be open on September 11 from 1pm-6pm, and on September 15 from 8am-1pm. Sessions will also be held at Penarth Library on September 17 from 9.30am-12.30pm, and at Cowbridge Library on September 19 from 9.30am-12.30pm.

Backing group for the services

GROUP 617 – 'Making a Difference' – has been formed in the Vale to support veterans of the armed services and emergency services and their families.

It will also provide education about the armed services and emergency services to the public, especially young people.

Membership is drawn from current and former members of the armed services, emergency services and other supporters.

The group meets in Room 617 at the Penarth Pier Pavilion on Tuesday

mornings from 10am-12.15pm and Thursday evenings from 7.30pm-8.30pm at the Penarth Conservative Club.

Room 617 is dedicated to all members of the armed services, in particular Royal Air Force Bomber Command, and has been adopted by 617 Squadron (Dambusters) Royal Air Force.

The following were elected at the inaugural meeting: Chair, Russell Kiteley; Hon treasurer, Edward Oliver; Hon secretary, Sian Woodland. Executive committee: Eileen Younghusband, Lisa Ford, Martin Bale, and Jack Hawkins.

Local MP's plea to join Mametz centenary events

VALE MP Alun Cairns has visited Mametz Wood in northern France, to pay tribute to the Welsh soldiers lost in battle during the First World War, and encourage families in the Vale to come forward in preparation for centenary events in 2016.

Alun Cairns and we hope that he will continue to be involved in our planning for the commemorative events in July 2016, for which details will be published shortly."

If you have an ancestor who was at Mametz Wood in 1916 contact Phil Davies by email at: philgreenisha@btinternet.com.

Mr Cairns went with his family to see the striking Welsh Division memorial – a red dragon sitting atop a three metre stone plinth made by the Welsh blacksmith David Petersen.

The sculpture was erected in 1987 by the South Wales Branch of the Western Front Association in memory of the hundreds of Welsh soldiers lost during the Battle for Mametz Wood, and will be the focal point for the event centenary in 2016.

Mr Cairns said: "It has been a long held aim of mine to visit the monument at Mametz Wood. To have stood with my family in the very fields where so many soldiers lost their lives, was incredibly emotional."

Phil Davies, secretary of South Wales Western Front Association said: "It is a great boost to receive the support of

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Minimum age 8

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VALE MP's VIEWPOINT

Nato summit will present Wales to the whole world

THE Nato summit has arrived in south Wales and in spite of some local issues, I am very optimistic about the positive effect the event will have on the Vale of Glamorgan and the wider south Wales economy.

There are a number of local business that will benefit directly and indirectly: Rathkeys, based at the Vale Business Park in Llandow, are making the bespoke table that is larger than a local authority swimming pool.

They were putting the final touches to a table that is being used for the deliberations of almost 70 world leaders. Moving it from Llandow to Newport will take three removal lorries – all local, I am pleased to say.

A number of local transport firms will be moving people and items between Newport and Cardiff; and restaurants, hotels and pubs will benefit from the sheer volume of people that will be attracted to south Wales.

More than 1,500 journalists will attend from all over the world and 24,000 hotel nights have been booked for delegates, reporters and support staff. Many rooms are in Barry and across the Vale.

We need to create the warmest and most welcoming of reputations, as I am sure we will. The standing generated will continue long after the summit has ended.

Some people have an outdated view of Wales, based on our proud heritage. We all know that the reality today is very different. A modern economy, a green environment and a fantastic coastline – all attractive to tourists throughout the year.

The summit has created the focus to help continue to rebrand Wales. The #mywales campaign on Twitter has been



Alun Cairns
reports to
GEM readers

fantastic. A large number of figures have been tweeting their favourite images of Wales – I highlighted Barry Island!

British embassies and consulates around the world have been reporting and tweeting in their local papers #walesfacts – such as that we have 640 castles, which is more castles per square mile than anywhere else in the world.

And the people in the Netherlands have been told that 26 per cent of Wales' land surface is either a National Park or an Area of Outstanding Natural Beauty.

Some local business leaders are saying that this summit will make more of an impression than the Ryder Cup did a few years ago, but it is the combination of these events over an extended period that presents Wales as more than the sum of its parts. We need more of them.

This is a once in a lifetime opportunity for Wales to put on an event that we can all be proud of; in doing so, it will

provide a legacy of positivity for tourists and businesses alike engaging with our local communities for many years to come. I am privileged to have the opportunity to attend a number of events in and around the summit; visiting businesses, schools, speaking at briefing sessions.

All have been positive and I hope we can make the best of this great opportunity.

A GLOBAL OPPORTUNITY

Alun Cairns MP will be present in his Wales Office ministerial role, at a reception for the 60 world leaders on the first night of the Nato conference.

It is being hosted by Prince Charles at Celtic Manor, Newport, to thank the people of Wales for welcoming the largest gathering of world leaders ever seen in the UK.

Mr Cairns will also be hosting a table at a dinner with the Chancellor, deputy Prime Minister and other cabinet ministers present on the opening night of the summit.

The MP will be visiting schools across south Wales with dignitaries to highlight the role of Nato, and will be among the guests presenting bronze commemorative coins from the Royal Mint to pupils in 57 schools.

Mr Cairns said: "The reception hosted by the Prince of Wales is a tremendous opportunity to show Wales in the best light possible.

"This event also allows the opportunity to visit schools and explain the role of Nato and present the specially commissioned commemorative coins to pupils, which will be very rewarding.

"Importantly, the reception will host guests from the Vale of Glamorgan, and along with the local community, it will be a privilege to present Wales to the world," he added.

POWER STATION'S TIMELY GIFTS FOR VILLAGERS...

ABERTHAW Power Station recently supported Gileston Village by donating a sundial and notice board for the local church.

The new additions to the village were showcased at the annual village fete. Gileston village was recently voted the best kept village for the second year.

The summer fete was a fantastic day out for the family and showcased flower displays.

This year, the village has been designed around the theme of World Wars One and Two.

Gileston resident Geoff Nicholls said: "We are delighted and proud to have been made the Best Kept Village again this year. Everyone works hard to make the village what it is.

"The donation from Aberthaw Power Station is another boost for the village and takes pride of place at the church."

Aberthaw Power Station manager, Richard



Villagers with the sundial, donated by the Power Station.

Little, said: "The Gileston community exhibits many of the values that RWE Generation strives for, combining passion with efficiency.

"We hope the new additions to the village will help to make Gileston the best kept village for three years on the trot!"

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Ben (17) gets 'prepped' for job interview

St Athan teenager, Ben Myers, has helped spearhead an ACT youth employment scheme by landing a job – at his first ever job interview.

The former Llantwit Major Comprehensive School pupil was one of three candidates out of 40 hopefuls chosen to work at the Barry branch of a fast food restaurant, after he took part in a multiple telephone, group assessment day and one-to-one interview process.

He felt that expert



feedback gave him an advantage.

Ben (17) said: "I was encouraged to take part in various group exercises and one-to-one mock interviews at an 'Employ Me' day with companies like Asda and British Gas, which I truly believe gave me the edge when it came to attending the real thing."

Vale Council answers Knap football critic

LAST week, GEM reader Alan Jones complained at the lack of organisation which led to just three youngsters turning up to a local football event. A Vale Council spokesman responded:

"The Knap Gardens Soccer Day event was originally taking place at Romilly Park, but the venue had to be moved, which may have caused some confusion.

"While advertisements did make the venue clear, the turn-out was disappointing, especially considering the excellent attendance at the Victoria Park soccer day event the day before.

"This summer, the sports and play development team have been involved in a whole

host of events. The fun day at King's Square saw some 500 children, young people and adults attending; while the National Play Day saw over 250 people out enjoying the sunshine.

"Not to mention the Barry Island sports, arts and play weekend that attracted a fantastic turnout.

"The results from the recent National School Sport Survey undertaken by Sport Wales demonstrates that the Vale of Glamorgan is joint second in Wales in relation to Hooked on Sport with 44 per cent of children and young people in the Vale participating in sport and physical activity at least three times a week, compared to the Wales average of 40 per cent."



Our GEM Facebook winner for August 28, 2014 is:

NICK ANDERSON

who correctly answered last week's question in The GEM.

Our lucky winning reader, chosen at random wins a £25 prize voucher to spend with any advertiser in last week's GEM.

The competition runs every week throughout 2014 with a potential prize fund of £1,150.

CONGRATULATIONS, NICK!

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Jason Thomas, Cardiff Airport's chief of staff, overseeing work that will enhance customer experience.

CARDIFF AIRPORT has moved up three places in a poll among travellers, who responded to a recent survey conducted by leading consumer magazine *Which?*

This represented an improvement on last year's survey results, with the overall satisfaction rating increasing by around 15 per cent, a spokesperson said.

The survey, which assessed both large and smaller airports across the British Isles, awarded a four star rating for the

ease with which passengers move through Cardiff Airport's security process, queues for check in and passport control as well as the distance to walk to the boarding gates.

Seating provision was also commended, with a four out of five star rating.

Debra Barber, the new managing director, commented: "I'm

pleased with our improved performance in this independent survey; it demonstrates that we are moving in the right direction and we will continue to build upon the initial progress made.

"Along with our focus on increasing passenger numbers and enhancing the number of destinations we have on offer from Cardiff Airport, we have also

spent the last year or so making improvements that resulted from feedback from our own customer survey.

"These have included providing free WiFi, free baggage trolleys, a free drop-off zone outside the terminal, state-of-the-art equipment to enhance passengers' experience as they pass through security, a refurbished cafe bar area in

Departures, and new taxi booking and waiting area in Arrivals.

"We want the people of Wales to be proud of their airport and for them, along with visitors to our country, to have a wonderful experience when using it.

"Hopefully, the further improvements we have made will be reflected in next year's *Which?* survey."

Jason Thomas, Cardiff Airport's chief of staff, overseeing work that will enhance customer experience.

£2,705 RAISED FOR CHARITY



RECENTLY, Carolyn Collard hosted her eighth annual strawberry tea for Breast Cancer Care. With help from more than 70 local ladies, it raised an astonishing

£2,705.19 with an auction, raffle, fun games and quizzes. Preparations are already under way for the ninth year, Carolyn reports!

Old school photo sparks memories!

AN old school photograph, dating from 1971, showing all the staff and pupils of Cowbridge High School for Girls, which was published in The GEM on August 21, has sparked a host of memories.

GEM reader Barbara Hodges wrote to say: "I know the girl sitting in the front row - second from right - lower picture. She is my daughter, Helen Elizabeth!"

"She was 11 years old when this picture was taken. Helen is married and has two grown up sons. She now owns and runs self-catering holiday apartments in Ordis, near Figueres, Spain with her husband, Francis."

Julie Phelps, who now lives in Llantwit Major, said: "I was in the sixth form at that time, and wasn't in the photo, but of the staff, two stand out:

"Miss Davies (French) is the fourth member of staff from the left, and Miss Davies (geography) is the ninth member of staff from the right."

Cheryl Sedgmond wrote to say: "I have just seen the photo on page 7 of The GEM and was surprised to see myself!"

"I am in the bottom photo, sitting on the floor at the front, 12 in from the right. My name then was Cheryl George."

Sue Wyatt responded: "Yes, I recognise myself and many of my old school classmates in the Cowbridge Girls High

School 1971 photo.

"Middle of the top photo, middle row I stand, then known as Susan Harris, along with my classmates year 5S (S for pupils from the south of Cowbridge, mainly Llantwit Major).

"We were all approximately 16 years of age which means we will all turn 60 this year or next!

"Beside me to the left of the photo is my (still) good friend Margaret Isaac, next to her is Susan Barwick (no idea where she is now), then another (still) good friend Barbara Lloyd, Beverly Thomas, Julie Harris, Kerry Tierney, Joyce Hoskison and

others whose names I can't quite recall.

"To the right of me on the photo is Sylvia Woosnam, Pat Evans, Ceri Lloyd, Patricia James, Janet Tokeley,

Mary Powell, Moira Thompson, Barbara Watson, Karen Greathead and other familiar faces whose names slip my memory."

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Mini music festival raises £1,000 for transplant unit at hospital

NEW Wenvoe residents Steve and Bobbie Jones of Grange Close hosted a garden party, christened 'Grangefest 2014' in July, which raised £1,000 for UHW Cardiff Transplant Unit.

The idea started out as a small house warming party for family and friends featuring a live band as entertainment.

However, the idea mushroomed into an event with about 100 guests and five bands on the bill.

Steve said: "As the party planning started to take on the feel of a festival we named it Grangefest, and decided it would provide a great opportunity to raise money for a local charity, as well as meeting neighbours and making new friends".

The line-up was pretty impressive for a back garden party.

The Shamones, a Ramones tribute band, featuring the legendary ex-Damned bass-player,

Bryn Merrick, headlined. They were supported by John Sloman, vocalist; ex of 1970/80s Trapper, Uriah Heap and frontman of Lone Star. Other local artists and bands also played at various times throughout the day.

Nearly £500 in cash was collected during the evening from guests including neighbours from Grange Close. This was doubled by two of the guests, who asked not to be named, making a total donation to the charity of £1,000.

Rachel Johnson (wife of Shamones' singer, Andy), who has herself undergone treatment at the transplant unit, accepted the donation on their behalf.

She said: "This donation will go towards providing TV/music remote controls, headphone extension cables, fans and footstools, all of which will help to improve the comfort of patients undergoing dialysis."

Pink & Blue Walk in aid of Cancer Research (Wales)



WE DID IT! It was a beautiful warm sunny day on August 31 for our six-mile charity Pink & Blue Walk around Cardiff Bay, to raise funds for prostate and breast cancer research projects here in Wales.

We entered as a family because, unfortunately like many others, we have been affected by this dreadful disease. I was one of the lucky ones and am a

survivor but, sadly, it took our wonderful dad from us last year.

The research department at Velindre is working to bring forward the day, when all cancers are cured. To help them we have raised £1,624.63 so far (still collecting).

Everyone has been so kind, especially the people of St Athan village, who are our greatest supporters, for which we are very grateful. Thank you all once again.

Pauline Eastment and family, St Athan.

Staffie will play forever!

The GEM is in partnership with the Dog's Trust to find caring homes for animals in their charge at Bridgend Rehoming Centre (01656 725219)



FIVE years old, Zaggy is one for the Staffie fans; he loves his toys and will play forever in the field.

He is enjoying his weekly excursions with his volunteer friends who love him to bits. He can be sensitive and anxious and will need time to get to know you.

We are also working on his social skills with other dogs, and he is improving with time. He will need new owners who have had Staffies before and know their quirks!

He can live with children aged 14 years and over. With time to settle in, Zaggy will be a fun and loving dog to have around.

If you can offer Zaggy a home, call 01656 725219 or pop into Dogs Trust Bridgend. We are open 12pm-4pm every day except Monday, with late night opening on Wednesdays until 7.30pm.

Jetting in for Nato summit

WORLD leaders and local people in south Wales will be treated to an aerial display of military jets from nine different countries when the Nato Summit is held in Newport.

The RAF's Red Arrows will be joined by aircraft from across the Nato alliance for the flypast over the summit at the Celtic Manor resort on Friday,

September 5 at 9am. Local residents in Cardiff should head to Cardiff Bay at 8.30am for the best view of the planes.

The planes will pass over the National Assembly building in Cardiff Bay on the way to the summit, where world leaders including Prime Minister David Cameron and US President Barack Obama will be among delegates from the 28 Nato member states.

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Cloudy2Clear Windows – Service With A Smile!

It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

Branch Manager Phil Powell feels that it's all about service. "Our product is simple. If your double glazing is misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although

that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole."

Cloudy2Clear service the Vale, Bridgend, RCT and Porthkerry areas and Phil is finding that his

approach is a major factor in his success. "The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've

done work for, which just goes to show how much a little bit of effort is appreciated."

So, if your windows are steamed up, broken or damaged give Phil a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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Stars on their bikes again for Velindre!

**OVER 50 cyclists
led by Welsh rugby
legend Jonathan
Davies, are leaving
Cardiff on Monday
(September 8) to
travel to America
for their East Coast
Bike Challenge.**

The gruelling 515km bike ride from Boston to New York will be raising funds for Velindre Cancer Centre, where Jonathan is president. The riders are being seen off by First Minister Carwyn Jones, who helped launch the first Velindre bike ride over two years ago when 50 cyclists rode from Yosemite to San Francisco for an emotional finish on the Golden Gate Bridge. Because of the popularity of the event, a second ride was organised which took place immediately after the first, and together they raised £470,000 for Velindre, and that helped

persuade Jonathan to don his cycling shorts again.

Jonathan said: "The California Bike Ride was supposed to be a one off, I was celebrating a special birthday and wanted to use the occasion to raise funds for Velindre, where I'm president.

"I led the bike ride, along with and Martyn Williams and Mike Hall, and we ended up with over 50 riders. The whole event was an absolutely fantastic experience, very tough cycling but with great company and, most importantly of all, we raised an enormous sum for Velindre.

"The itinerary for the Boston New York Ride is amazing, and it would be fantastic if we could raise over half a million pounds for Velindre".

Readers can show their support by visiting: www.velindrefundraising.com/victoryovercancer.

Harvest thanksgiving

ZOAR Presbyterian Church, Bonvilston, is holding a harvest thanksgiving service on Wednesday, September 24 at 7pm.

Guest preacher is Rev Meirion Morris. Light refreshments to follow; the collection will go to the Vale Food Bank.

Everyone welcome; for further information call 01446 781309.

'Alfie' leads anti-bullying campaign in schools

RIGHT:
Former rugby star
Gareth 'Alfie' Thomas
is leading an anti-
bullying campaign in
local schools.



AS apprehensive youngsters prepare for their first term at 'big school', new research suggests that most teachers have had no training on the risk of the bullying children face as they begin their secondary school careers.

A survey by Prospero Teaching, which recruits teachers to roles in thousands of schools, reveals that a massive 73 per cent of teachers have received no specific training on bullying among children transitioning from primary to secondary school.

Almost one third of secondary school teachers surveyed had had no experience of preparing children for the transition from primary to secondary.

Some 32 percent of the teachers surveyed believe this lack of expertise is an issue that parents should be concerned about as they prepare their children

for one of the biggest days in their school careers.

The company has launched a national campaign, led by former rugby star great Gareth 'Alfie' Thomas, who represented Wales in both rugby union and rugby league.

The Bridgend born former Lions captain said: "People might not believe it to look at me - because I'm a big lad - but bullying has a lot to do with my life story, who I am and where I come from.

"I think the time when kids move up to big school is a really serious fault line in the system. You're in a new environment. You don't walk as confident, you

don't talk as confident. You're vulnerable.

"Bullying is such a complex topic, and there are so many types and causes. Of course,

the bullies themselves have often been victims of bullying, and I want to reach them, too, to break the cycle."

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'I believe technology has created unsociable and lazy teenagers'

... BUT HOW DO WE EXPECT TO CHANGE THIS BEHAVIOUR IF ALL WE DO IS ENCOURAGE IT?

THE way we all communicate is changing almost on a monthly basis these days, and that applies even more so to teenagers. So, how is this new world of smartphones and tablets changing the way young people think and behave? The GEM asked Charlotte Ironside, a 17-year-old pupil at Brynteg Comprehensive School, to investigate...

THE summer holidays! A time of freedom, relaxation, and getting out of the house to enjoy the sun and fresh air with friends... right? Wrong!

The younger generation have been stuck in school for 11 months, locked in their bedrooms for three of those revising whilst panicking about their upcoming exams, and stressing about their never ending pile of homework.

However, even though given the luxury of six weeks of freedom (something about which most working adults can only dream!) adolescents won't take full

advantage of their summer holidays, even after the torment that is school today.

In fact, the majority of teenagers' holidays will be spent indoors, on their own, having no contact with the outside world.

Why? The increase in technology, such as iPhones, iPads, iPods, pretty much anything in relation to Apple, has meant that there is no reason for teenagers to leave their living room, because they can communicate with all their Facebook, Twitter, Snapchat, Skype, and Instagram friends without moving... a great struggle for all teenagers today.

Now I'm not going to say that I'm anti-technology or social media, as like every other 17-year-old, I have an account for pretty much everything listed above, getting my daily dose of annoying Facebook game requests, as well as strangely entertaining Snapchats.

Although, what I do have an issue with is when as a group of friends we go out, and there is someone on their phone the entire time,

most likely on Facebook, talking to someone who isn't there.

Putting aside the fact that I too am addicted to Facebook, I would rather be out with friends in the flesh instead of socialising with them through a computer or phone screen.

In my opinion, technology today has created unsociable and lazy teenagers, knowing that they have access to anything that they need with a push of a button, whether it be communicating, researching, or entertainment.

Despite the constant research going on into the harm which technology creates, and the suspicion it's the foundation of our unsociable society, if anything we as humans are actively encouraging it. As a child, I would spend the majority of my time nagging my mother to let me go outside until she did.

Today, however, children would much rather be indoors on their parents' iPad or phone, with apps specifically downloaded for them.

Yet people complain

that adolescents today are the culprits of this technology-based crime, when as a matter of fact, they too are encouraging this behaviour. It frustrates me seeing three and four-year-olds running around with their mother's iPhone in one hand and their father's iPad in the other!

There have now even been developments which let a parent attach an iPad to their toddler's stroller. Is this really what we want to allow to happen to the future generation? Not appreciating the technology we have, but instead being raised to see it as the norm and essential to function?

How do we expect as a community to change this kind of behaviour if all we do is encourage it? I reiterate, the last thing I am is an angel when it comes to technology and social media as a whole.

However, surely we should set limits as to when we should be on our phones, and at least make an effort as a society to go out, turn them off, and interact with other people?

However, despite this

constant research, many of the younger generation don't believe technology or social media poses a threat in the community and therefore continue to use it every day, viewing it as more of a benefit in life.

Angharad Evans (aged 17) explains: "Technology and social media has more benefits than drawbacks and people do over react to it, it is essential in all aspects of life in today's society."

However, she also admits that risks such as cyber bullying is a big issue today. Emily March, also 17, furthermore supports this view: "Social media is the perfect way to stay in touch."

From personal experiences, my closest friend moved 4,000 miles away, and I would never have stayed in contact with her the way I do if it wasn't for social networking.

When I met up with her after five years, we didn't feel like strangers and it was a lot easier to pick up where we left off."

Emmi Khan: "Personally, I don't live

a single day without using social media".

Another 17-year-old, Ellie Sheard, also supported social media by suggesting: "I think it is becoming part of day to day life now, people use it for almost everything,

communication, research etc."

Obviously, technology and social media has its strengths such as being able to communicate wherever and whenever, and its weaknesses – potential cyber bullying and creating an

unsociable society.

So the big question is... are we over reacting as a society about the harms of social media?

Or is it really becoming an issue in today's world?

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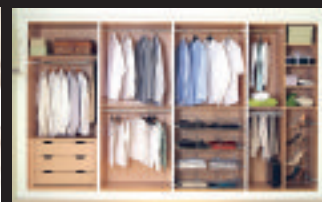
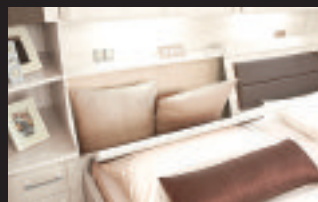
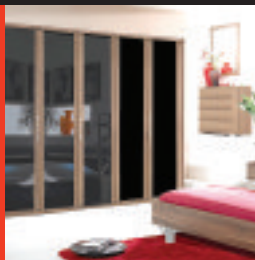
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WARTIME WEEKEND PROVES A TRIUMPH, AND RED ARROWS PROVIDE SPECTACLE!

THOUSANDS of people flocked to Barry town and the Island over the weekend to enjoy the Wartime Weekend.

Organised by the Barry Tourist Railway, and local history group Barry at War, the event featured displays to show the last 100 years of the area's wartime history.

As you can see from Glyn Evans' photographs, the entertainment was non-stop thanks to the historical re-enactors and the tourist railway.

The appearance of the legendary Red Arrows in their Hawk fighters thrilled the crowds shortly after midday on Saturday.

There will be more pictures of the Wartime Weekend in The GEM next week.

PHOTOGRAPHS by GLYN EVANS

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Readers' Letters

Please keep your letters BRIEF and address them to: **The Editor, Don John, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk**

LETTERS AND E-MAILS MUST INCLUDE FULL ADDRESS AND A CONTACT TELEPHONE NUMBER.

IMPORTANT: We reserve the right to edit all letters. We do NOT accept anonymous mail. An email address alone is not sufficient! We will (in certain circumstances) protect a writer's identity, if requested.

NHS - VIEW FROM ENGLAND

HAVING read last week's issue of **The GEM** (which my Mum saves for me!) I am interested to know if Mr G Smith has had experience of the NHS in England.

Originally from Barry, I have lived in Manchester for almost 20 years, therefore had the pleasure of being treated by the English NHS several times. My GP practice is very large and although it has recently taken on a practice which closed due to the GP retiring, I can ring the surgery after 8:30am and speak to a doctor by 9:30am; if necessary I will have an appointment the same day.

I saw my GP on October 2 with a knee problem, referred to a consultant of my choice at any of three hospitals and seen on October 22. I had an MRI scan 10 days later and the results on November 5.

My operation took place on February 20 which was slightly delayed due to having twisted my knee badly. Can Wales NHS match this? I don't think so!

I also know of a cancer sufferer who came to Barry from England and it took over two months for him to be seen in Cardiff, he was not given

Weycock Cross would be 'tragic loss to green belt'

THE need to protect the area of natural beauty at Weycock Cross against the proposed development by Taylor Wimpey plc for 200 dwellings and associated works, is essential for many reasons.

This green belt area is a beautiful gateway into Barry and a rich habitat for wildlife. Any proposed development of this land will be a tragic loss to all who care about their environment.

Approaching Weycock Cross roundabout from Five Mile Lane, especially at peak times, can be fraught with danger! (Having commuted daily for 35 years, I certainly know this!)

One has to be rather quick to exit onto the roundabout in the direction of Pontypridd Road to avoid traffic flow from the right. I have witnessed many near collisions when cars then decide to pull into

Weycock Cross petrol station.

Increased traffic flow from the proposed development will obviously increase this danger.

The proposed development will exacerbate the contentious issue regarding traffic flow to Cardiff Airport.

In the article, 'Cardiff Airport Chief Standing Down', The GEM, August 28, Jon Horne stated that "the challenge for the next person in the role, will be to deliver a wider range of routes to make Cardiff Airport more attractive." The existing route is without problem at present.

How ironic that this article appeared in the same issue as Taylor Wimpey's planning application. Such development will only have a detrimental effect upon traffic flow to our airport.

Let Taylor Wimpey seek to build on available brown sites. Don't let them, Vale Council, decimate our heritage.

Bev Jones, Barry.

Dog poo bags

WITH reference to recent correspondence in **The GEM**, I totally agree that the owner is fully responsible for the cost of dog waste bags.

However, Mr Williams was acting as a responsible dog owner by requesting dog waste bags and this should be acknowledged. Many dog owners make no attempt to clean up after their dogs.

When I look after my daughter's dog, I use food recycling bags which many dog owners make use of. I suggest Mr Williams uses these in future.

I would also suggest the council cancel all free dog waste bags as five bags is of no use to anyone.

Jane Harding, Barry

anywhere near the standard of treatment that he had previously received in England. As much as I would like to come back to Wales to live, I am not willing to be treated in this way by the Welsh NHS. The sad thing about this is that I am a retired district nursing sister trained in Wales!

Ruth Wellstead (Mrs) SRN BTTA DND (retired).

Do we really need Nato?

WHY do the Nato leaders need such a large wall to 'protect' themselves? If these world 'leaders' really are working on behalf and with their citizens, surely they would be among us shaking our hands and we would be waving flags, pleased to greet them.

Why do 150 delegates require 10,000 police officers, some armed with guns, to protect them? Why do they need to stop tens of thousands of people from earning a living, crippling our economy still further?

Why do they need to stop children gaining their education and why do they need to undermine people's health by preventing operations being carried

out at the capital's largest hospital?

Who is this conference really benefiting and why are we, the people of Wales, letting them get away with such a blatant waste of our resources?

Nato really does need to take a long hard look at itself. It has moved a long way from its motivations aiming to keep peace after the Second World War. It has now developed a 'protectionist' policy supplying and using 70 per cent of the world's weapons.

No wonder it has to barricade itself into places. In recent times, it has been directly or indirectly responsible for the deaths and displacement of millions of human citizens.

Do we need an organisation like this in our beautiful country? Glyn Pooley, Barry.

So grateful for Porthkerry Park

TWO years ago, when I moved from Cardiff to Barry I was delighted to find beautiful Porthkerry Country Park on my doorstep.

The park includes meadows with many wild flowers, deciduous mature woodland with blankets of bluebells and orchids, too - lovely ponds where local schoolchildren can pond dip, and, at the end, the sea!

I am sure many people from Barry and from further away very much appreciate the park. I was so impressed that I have now joined the volunteers helping to care for the park and the flora and fauna within it.

My thanks to all those who work to keep this park special.

Alison Palmer, Barry.

Poppy Appeal 'thank you'

THE World War One centenary service held at Holy Cross Church on August 3, has produced a big bonus for the Poppy Appeal.

The Rectorial Benefice of Cowbridge (Holy Cross) very kindly donated the church collection made at the service to the Poppy Appeal, and the proceeds of over £600 have set the 2014 appeal off to a flying start. May I offer a very big 'thank

you' to all who contributed?

The Poppy Appeal fortnight this year commences on October 25 and, hopefully, with even more generous donations from people of the Cowbridge area, we can make this centenary year a record year.

Additional collectors are always welcome - so if you are able to help, even for just a few hours, contact 01446 774306.

David Howell, Cowbridge, Hon Poppy Appeal organiser.



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Out and About with The GEM

AM's surgery

THE Vale AM, Jane Hutt, will be holding a surgery on September 5 at Trinity Church Hall, Trinity Street, Barry, from 4pm-6pm.

Valeways walks

HERE are the Valeways guided walks for September. You may encounter stiles, uneven surfaces, steep sections or soft, wet ground on some walks except the 'Coffee Shop Strollers', which is an easy walk up to one hour, accessible to all.

try Park outside the visitor centre, CF64 5UY.
On September 7 at 2.30pm, 'Vale Villages',

starting at St Michael's Church, Colwinston, SS 939754.

On September 9 at 1.30pm, 'Valley and Coastal Vistas' starting at Dinas Powys Common opposite Twyncyn, CF64 4AS.

On September 10 at 10.30am, the coffee shop strollers meet at Romilly Cafe, Cold Knap, Barry, CF62 6SW.

On September 11 at 10.30am, Nature Reserve, starting at the car park opposite the Blue Anchor, Aberthaw, CF62 3DD.

On September 14 at 2.30pm, 'Brynau Parc Slip Hills', starting at Parc Slip Nature Reserve, Tondur, CF32 0EH.

On September 16 at 9.30am, 'Avn am Dro', starting at Cowbridge Library, CF71 7AH.

On September 17 at 10.30am, the coffee shop strollers meet at Cosmeston Country Park outside the visitor centre, CF64 5UY.

On September 21 at 2pm, 'The Ancient Equinox', starting at the parish noticeboard above the A48 Tumble, The Downs, CF5 6SB.

On September 24 at 10.30am, the coffee shop strollers meet at Romilly Cafe, Cold Knap, Barry, CF62 6SW.

Advice surgery

LABOUR councillors for Dyfan ward in Barry, Anthony Powell and Claire Curtis, will hold an advice surgery on Saturday, September 6 in Highlight Park Community Centre, from 11am to 12pm. No appointment is necessary.

Autumn Sounds' coffee morning

AUTUMN Sounds is performing at a coffee morning in Llantion Hall on September 6 from 10.30am-12.30pm.

Everybody is welcome; £1 entrance fee.

Fibromyalgia support

THE next meeting of the Vale of Glamorgan Fibromyalgia Support Group is on Tuesday, September 9 at 11am - 1pm. Call 01446 733315 for details.

Call to audition

YOUNGSTERS from the Porthcawl area who have that special star quality are encouraged to

go along to the Grand Pavilion Theatre,

Porthcawl to audition for the Christmas panto. This year's show will be *Aladdin*. Children between the ages of 9 - 16 are invited on September 10 at 4pm for 4.30pm start.

The show runs from Friday, December 12 until January 4, 2015 and tickets are already on sale at the Grand Pavilion.

Dyffryn opens up to public

AS part of Open Doors Wales, Dyffryn Gardens is throwing open its doors to the public for free on September 13 with the theme of 'green living'.

Said Gwenno Griffith, visitor experience manager, Dyffryn Gardens, National Trust.

"It's a wonderful opportunity for people who wouldn't normally visit us to see the house and gardens. With 55 acres of gardens to discover it's a great place to relax with family and friends away from the city."

"Hopefully, we will be able to inspire some people to save energy too." The gardens are open from 10am to 6pm and the house will be open from midday to 4pm.

Age Connects' coffee morning

AGE CONNECTS (formerly known as Age Concern) Western Vale Good Neighbour Scheme will hold a coffee morning on Saturday, September 13 at Cowbridge town hall's lesser hall from 10am - 12pm.

Admission is £1.50 which includes coffee, tea and biscuits. Variety of stalls, home-made cakes, tombola and a raffle.

Proceeds go towards the Good Neighbour Scheme, and in part to help fund the annual Christmas party for older people in the Vale.

Tickets from Age Connects' office in Commercial Street, Llantwit Major, or on the door.

If anyone wishes to contribute raffle and tombola prizes or would like to donate, please

Ty Hafan lottery draw winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D842.

● £2,000: 580431.
● The rollover, which now stands at £500 was won by 797222.

● £10: 198502, 624298, 109495, 241027, 807303, 540374, 673455, 532976, 253726, 135743, 641022, 756977, 736200, 614652, 476858, 756230, 193254, 530710, 241419, 124952.

● £5: 788087, 556922, 257158, 750917, 719679, 440068, 688451, 856347, 868469, 708126, 848034, 589362, 968275, 215139,

731360, 716690, 596166, 764677, 466621, 287349, 293208, 967427, 649127, 596832, 154763, 250984, 440597, 282755, 693175, 891825, 826086, 833717, 845173, 337571, 389863, 891677, 244260, 424754, 877439, 252931, 555822, 186779, 918408, 482111, 573629, 765490, 286954, 644442, 202712, 116795, 960608, 259181, 174024, 133012, 839952, 287566, 563223, 793752, 82, 93.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2053 2300.

contact coordinator Gary Bohun on 01446 795549.

Adults only pantomime

BRIDGEND Castle Players will present their latest production: *Jack and the Big Stalk* adult-only pantomime, written by MRAD Productions, at various venues this month.

It follows Jack the Lad, his family of troublemakers, friends and girlfriend as they try to sell the family cow for food.

There will be 7.30pm performances at the following: September 19, Llanharan RFC; September 20, Cefn Cribwr Community Centre (the Green hall); September 21, Aberkenfig Welfare Hall; September 27, Bettws Social Club; September 28, Sarn and Bryncwils Social Club. Tickets are £5. Contact website www.bridgendcastleplayers.org. As the production is strictly for over-18s, anyone who looks under 25 must produce proof of age (driver's license or passport).

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Day Skipper course starts 22nd September.
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For details or to register please call Ray Brown on 01446 737663 or 07780 762605

Final countdown to music festival

COWBRIDGE Music Festival is poised to celebrate its fifth birthday next week with another exciting line-up of musicians and the promise of two weeks of world class music.

The festival opens on Wednesday, September 10 with a concert of well known pieces by Tchaikovsky and Bach for string orchestra given by the Festival Camerata.

The next day, with the intriguing title 'One Carry-on Bag Only', crazy comic and virtuoso pianist Hyun-ki Joo will perform a 'handbag' of humorous songs, interspersed with classical pieces at Cowbridge School Theatre.

Back in the church, the September 13 sees the return of the great Welsh

pianist Llyr Williams to perform Haydn, Schubert, Liszt and Schumann.

The annual showcase for young artists is on September 14. Tenor Elgan Llyr Thomas is joined by soprano Menna Cazel Davies in a programme of songs, arias and duets.

On September 18, violinist Alina Ibragimova and the Chiaroscuro String Quartet, give a concert of Mozart and Haydn.

King Candy and the Sugar Push arrive for a jazz evening at Cowbridge School Theatre on September 19 with vocalist Kate Mullins of the Puppini Sisters.

To round off the festival on September 20, a concert given will be given at the church by the leading brass ensemble, Septura.

Penmark's 7th music festival

FOR yet another great day out for all the family, come along to Penfest - Penmark's Music Festival - on Saturday, September 6.

Tickets are £10 for adults and £5 for children including a pork bap, salad and home made dessert, and free car parking. We have a great line-up of bands, including Scot Hawtin, Malbrodop, Andy Johnson, Jimmy Elvis, Quincy And Tambo and The Pokeys.

There are some trade stalls, a cash bar all day and a cash barbecue in the evening. If it rains (but it never has, and the forecast's good this year) we've got covered seating, so do come along and enjoy yourselves.

PENFEST 2014
Penmark's 7th Music Festival

SATURDAY 6 SEPTEMBER

TICKETS £10.00
(including lunch - Pork Bap, Salad and Homemade Dessert)
Children (u12) £5.00 (under 2 free)

Available from The Six Bells, Penmark (01446 710229) Phil Rogal (01446 710451) Gavin Davies (01446 710669) or from www.Penfest2014.Yolasite.com with PayPal

PERFORMERS INCLUDE
Penmark Bell Ringers Dave Bowen
Barry Brass Band Jimmy Elvis
Scott Hawtin Quincy and Tambo
Andy Johnson Andrew Matthews
Malbrodop The Pokeys

In the Orchard behind the Church
Gates open 12.00 noon • Festival ends 11.30pm • Lunch 3.00pm to 4.00pm • Raffle • Trade Stands • Cash Bar for Drinks and Snacks • Cash Barbecue from 6.00pm • Toilets • Free Car Parking • Covered Seating incase it rains (but it never does)

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Inbox us your answer and contact details. Competition closes at 5pm every Monday.

Every week a winner is chosen at random and will have £25 to spend with any advertiser in that week's GEM!

Like us on facebook:
facebook.com/glamorgangem

Look What's New in Aberkenfig!

LOCAL girls Lindsey Jenkins and Victoria Parish opened The Village Sewing Shop in July at 67, Bridgend Road, Aberkenfig.

They are open on Friday and Saturday from 9am – 4pm, and by pre-booked appointments on Sundays and evenings.

Lindsey explained: "With my 20-year experience from bridal to curtains, I have been fortunate enough to work for a couple of well-known

designers (no name dropping!). I can tackle any challenge that is brought to the shop."

Victoria added: "We are also able to produce bespoke wall art and canvases for nurseries, schools and play areas."

"We are really excited about the arrival of 'Michael Miller' fabrics, suitable for quilting and dressmaking, making us the only stockists in the area."

For appointments or queries contact Lindsey or Victoria.



- Clothing Alterations • Michael Miller Fabrics
- Made-to-measure Curtains • Roman Blinds
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Open Fri & Sat 9am-4pm, Sundays & evenings by appointment

For appointments or any queries contact:

Lindsey 07711055803
or Victoria 07578141839

67 Bridgend Road,
Aberkenfig, CF32 9BG

Laugh, Smile, and Learn a language!

CAFFE NERO has combined with Ellementor to launch a 15-week conversational Italian learning experience at their Cowbridge branch, beginning on September 25.

Ellementor is run by Helen Ashley, a language teacher who has lived in Europe, travelled extensively and possesses a language degree.

Helen explained: "This exciting

new venture was launched to remove people from the staid classroom environment and provide a learning experience within relaxed and authentic surroundings.

"Ellementor's strapline of Laugh, Smile and Learn, outlines our vision – with the emphasis on empowering people with the confidence to hold native conversation while on their travels."

For further information, email ellementor@hotmail.co.uk.

CAFFÈ NERO

In partnership with
Ellementor
Laugh, Smile & Learn

Beginners Italian Conversational Course

Enlist on a beginners conversational Italian course beginning Thursday 25th September at 7pm.

Caffe Nero Cowbridge have teamed up with Ellementor to provide this opportunity to learn the language of love, adding culture to your next Italian venture, whether it be a long weekend in Venice, a Roman holiday or Tuscan adventure. It will run for 15 weeks and will be lead by a fluent Italian speaker.

Register your interest with Caffe Nero Cowbridge staff today, alternatively email your interest to ellementor@hotmail.co.uk
Numbers will be limited allowing the opportunity to maximise and enjoy this unique learning experience.

This is a great opportunity to **enjoy a new cultured experience** with friends in an *authentic and relaxed* environment...

Where will it take you?

"Nothing is impossible, the word itself spells I'm possible"
Audrey Hepburn

Please call **Helen Ashley** on 0771 849 8951

GEM ADVERTISEMENT FEATURE



In Business Update



Can your household make changes?

VALE of Glamorgan residents have a black bag collection on

alternate weeks and Wayne Allen is keen that we all divert as much material as possible

from landfill and recycle them instead.

Could your household make manageable changes? For example,

if you were to empty the contents of your black bag, how much of it would be paper, glass, cans, card, plastic, drained aerosols, foil,

cartons, garden waste or food waste?

All these items can be recycled conveniently from your home; while batteries, oil, metal, clothes and plastics can also be recycled at Vale household waste recycling centres.

Cabinet member for the environment and visible services, Coun Rob Curtis explained: "All reported incidents of black bags placed out for collection on the wrong day will be investigated."

"Offenders who persist in flouting the law risk a penalty notice."

What's in your bin?

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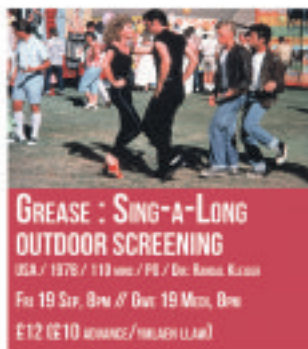


Wayne Allen

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In Business Update



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and help a local family



Home-Start volunteers offer support, friendship and practical help to families, providing a life-line for parents finding it hard to cope.

We will provide free training and regular support...
...and you could use your new and existing skills to make a difference to a local family.

Volunteer training starts in October 2014

For further information, please contact Jackie on
01636 668111 or email: homestartbridge@btconnect.com

Home-Start will undertake an enhanced Disclosure & Barring Service check on all potential volunteers.
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Home Start

Get together a whole family
dedicated
support and friendship
for families

Bridgend

YOUNG PEOPLE REVEL IN A LOCAL SUMMER CAMP



Some of the young people who received their certificates.

DURING the summer holidays, 54 children and young people aged between seven to 12 enjoyed four separate two-day camps at Coastlands Family Church and Buttrills Community Centre in Barry.

Focusing on healthy living and increasing participation in exercise,

each child and young person took part in a range of activities, including sports, cooking and crafts.

Two further family days were held for the children who attended the camps, where they were presented with participation certificates in addition to getting to meet a range of animals including lizards, tarantulas, mice and more provided by the Nearly Wild

Show. Adele, Community Wellbeing Coach for Barry Communities First, said: "It was great to see so many children having such a positive attitude towards physical activity, especially those who don't regularly participate in sports clubs."

"I would also like to thank our six volunteers who gave up their time to support the camp."

The new Community Shop, Aberkenfig

WE are located on Aberkenfig High Street and sell good quality ladies', men's and children's clothing, linen bric-a-brac, books, DVDs and CDs.

Proceeds from the shop will fund a 'Christians Against Poverty' debt

centre, which people living in the community will be able to access.

Donations of goods to sell in our shop are welcomed and appreciated. The storehouse project is a new venture where local churches in Aberkenfig work together to benefit the surrounding community.

For further information, contact Karen Thomas at The Storehouse.

The Storehouse Community Shop

(On the Junction near Bakers DIY Store) Bridgend Road, Aberkenfig

- Low Priced Recycled Goods
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Opening Times

Mon-Thurs 10am-4pm, Sat 10am-1pm

Charity No: 1051945 Aberkenfig Ministries

Simon's 'Memory Walk'

A COWBRIDGE resident is taking part in a walk aimed at raising funds for a charity committed to tackling dementia.

Simon Wales told The GEM: "I will be completing a 15 - 20 mile 'Memory Walk' on Saturday, September 13 for the Alzheimer's Society who lead the fight against dementia."

"I have done this before and raised £200 in 2012."

"I will be going again with my boy hound Bailey who is well known and loved in Cowbridge!"

"He loves it and is still raring to go at the end, although my joints may

disagree! The walk is along the Taff Trail in Cardiff and we set off near Sofia Gardens.

"The money we raise will fund the care and support services for people with dementia and help towards research towards finding a cure once and for all."

"If you would like to donate you have three options: I have a 'Just Giving' page on the internet at www.justgiving.com/simon-wales1. If people prefer to donate to me directly they can contact me on 07920 262563, or you can e-mail me at simonwales54@btinternet.com."

Simon's mother Nancy died from a dementia-related illness in 2007.



Group climb raises £1,300 for Velindre

AS a group, we travelled up to north Wales to climb up Snowdon - in aid of Velindre cancer centre in Whitchurch, Cardiff - an amazing centre that's provided invaluable care and support for our family members during recent times.

Two members of our group walked the Pyg track to the summit of Snowdon, and the other four members of the group took the daring climb along the Crib Goch, submerged in a thick cloud with an ever-changing

climate - rain, hail, sunshine and winds of 30 miles an hour.

Meeting at the top, we celebrated with a much-needed hot chocolate and then having very windy, wet group photos at the top!

Together, we have raised in excess of £1,300. A wonderful time was had by all and we are so grateful for all who supported and donated to Velindre cancer centre, so that it can continue to do excellent work in the fight against cancer.

Richard Ingram, Christina Hill, Debbie Jeffs, Rob Jeffs, Andrew Jeffs, and Sarah Jeffs.

Maendy YFC - a new year, new challenges!

AS the dawn breaks on a new year for Maendy YFC, prospective new members together with current and past members, are invited to Cowbridge Rugby Club on Tuesday, September 9 at 7.30pm for an evening of games and ice-breaker challenges.

During the evening, you will have the opportunity to meet new people with similar interests, learn what YFC is all about, and discover what the forthcoming year holds in store! And in case you were wondering - you don't have to be a farmer to be in Young Farmers!

If you are aged between 10 and 26, and seek a diverse organisation - look no further! Maendy YFC encourage members to get the most out of YFC through competitions, developing new skills, gaining invaluable training, helping your local community and making friends for life.

Maendy YFC chairman, Miss Heather Jarvis, said: "The club is vibrant and enthusiastic and always offers a warm welcome. It is run by the members for the members. This way, we feel everybody is a part of club life and the younger members can rely on the older ones for experience and guidance."

Maendy YFC recently held its AGM, where the following appointments were made for the forthcoming club year: Mr Richard Western, re-elected as president; Miss Heather Jarvis, newly appointed as chairman, with her sister, Miss Beth Jarvis, appointed as club secretary. Miss Jodie Williams will keep track of the meetings as minutes secretary.

For further information, contact club chairman, Heather Jarvis on 07791 250916; visit www.maendy-yfc.com or email maendy.yfc@gmail.com. You can also follow Maendy on Twitter @MaendyYFC and 'like' the Facebook page.

Louise Evans

Ex-World War Two PoW camp opens its doors in Bridgend



ON the weekend of October 4 and 5, the Hut 9 Preservation Group in Bridgend will stage its annual Open Weekend, when the locked doors of the hut, which was the scene of the German Great Escape in March 1945, will be open to the public.

Members of the group dressed in period uniforms will give talks and guided tours inside the hut, which is usually closed to visitors. World War Two vehicles will also be on site.

The group has worked hard this year to kit out

several of the rooms as they would have appeared during the Second World War and last year's visitors will be able to see the extent of these improvements.

Entry is free, but donations to the Hut 9 voluntary group which is seeking to assure the future of the site, are welcomed.

Spaces on these free tours are limited. To reserve a space, book now. Email bookings are preferred - bridgendreach@gmail.com. Telephone 01656 815088. The website address is: <http://www.hut9.org.uk>.

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Sin City sequel feels underwhelming but still entertains...

WHEN Robert Rodriguez brought Frank Miller's noir-inflected comic book *Sin City* to the big screen in 2005 (with Miller as a co-director), it was one of the most stylish and atmospheric visual offerings the genre has thrown up to date.

Demand for a sequel has always been there, but it has taken until now to bring the pieces together in *Sin City: A Dame to Kill For*.

With Rodriguez and Miller again returning to the director's chair, it sees three stories bleed into one: we follow Dwight (formerly Clive Owen, now Josh Brolin) who becomes enraptured with femme-fatale, Ava (Eva Green), Joseph Gordon-Levitt's Johnny, who plays a mysterious gambler set on taking down his sworn enemy Senator Rourke (Powers Boothe) in a high-stakes game of life and death and Jessica Alba's Nancy, who is struggling to come to terms with the suicide of father figure Hartigan (Bruce Willis)...

Given the nine-year wait, expectations were understandably high; that the end product feels a little underwhelming is more down to the fact that it is content to plough the same furrow the previous film followed rather than to try and reinvent the wheel – but given the tone, you can hardly blame it for that.

This certainly isn't a film that, for all its visual innovation, will gain many points for a revolutionary narrative; these are stories hewn from the noir cloth, full of guys, dames, guns, booze and wrongs to be righted.

As such, it delivers just what you would expect, with the twists and turns, coming from Frank Miller's source material, cleverly executed if not wholly

surprising. It's the visual element of the film that is most impressive, and the key ingredient, looking like the pages of Miller's novel have been stuck to the big screen.

Much of this comes down to the level of slavish devotion Miller and Robert Rodriguez (no visual slouch himself) pay to the source material; but while Miller oversees the transplant from page to screen, Rodriguez throws in the high-octane visuals – the violence cartoonish but tinged with realism – the film having as much of his personality as Miller's.

The stories themselves make for a satisfying watch, enlivened by impressive turns from actors not really straying too far from their perceived personalities.

So we get Josh Brolin playing serious and intense while Eva Green takes great delight in essaying a throwback femme-fatale, all buxom allure and breathy voice.

Joseph Gordon-Levitt channels a slick operator as the perpetually lucky Johnny, while Powers Boothe consumes the set as the deliciously evil Rourke; while Jessica Alba shows she's an impressive dancer with a lithe body, but still an actress of limited means as the troubled Nancy.

Mickey Rourke casts a shadow over all of the stories, and yet again comes up trumps even if his performance lacks the punch of his first time around. The main issue is that while none of the performances are particularly awful (Alba's is the poorest on show by some distance), they feel all so familiar that there's nothing particularly fresh about them.

The first film impressed mainly through its visual style, dressing up its bare bones narrative, but also impressed with the likes of Elijah Wood and Nick Stahl offering turns that skewed the perception of



by **GARETH JAMIESON**
Follow Screen
Talk on Twitter –
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them (the latter a particularly hateful character); but there's none of that here unfortunately, and it's what makes *Sin City: A Dame to Kill For* something of an underwhelming

proposition. While it's entertaining enough doing exactly what you would expect of it, a little bit more flair and injection of the unexpected would have made it feel far more exciting.

VERDICT: Lacking the impact of its progenitor, *Sin City: A Dame to Kill For* is a stylish, if lacklustre offering that feels not quite worth the nine year wait. While Robert Rodriguez and Frank Miller offer a visually impressive work, with stories dripping in noir and claret, the typecast performances add to the feeling of 'same again' that depending on your love for the first one will be either a blessing or a curse. Average.

SEE THIS IF YOU LIKED: *Sin City* (2005), *From Dusk Till Dawn* (1996).

News from the Fonmon Apiary

ALTHOUGH autumn is upon us, the weather is still providing the bees with lots of opportunities to be out and about.

All colonies that were supposedly under my control proved not to be so, the need for room within several hives was not responded to in time and as a consequence, swarming took place.

This solved the room requirements for the bees and provided a lesson for the beekeeper.

The splitting of a colony sees the old Queen depart with a goodly number of bees from the hive.

Left behind is a colony reduced in size, but with the prospect of a new virgin Queen emerging and order restored once more. However, several of these swarmed colonies have just not progressed as they should have done.

What has gone wrong? When the old Queen departed, eggs, larvae and sealed brood that she had provided were there and, in due course, they developed into bees.

Our new virgin Queen should by this time have flown out of the hive and gone on her mating flight. On her return as a mated Queen, she should eventually begin to lay eggs and bring order and stability to the colony, this has not happened.

For whatever reason, we now have a colony of bees with no Queen. There are no eggs available for the female worker bees to utilise and start the process of producing another Queen.

What has occurred is that the unmated female

worker bees have laid eggs; if a Queen were present this would not occur. All of these eggs are going to develop into male bees (drones) and the colony is doomed.

Why? Because male bees do not go out foraging, they do not have the ability to produce wax and build comb and they have no stinging with which to defend the colony.

Their sole purpose in life is to mate with virgin Queens. The beekeeper can, and sometimes does, intervene and provides a ready-mated Queen.

That is another story and will be explained in a future article.

So not meeting the bee's requirements brings about disorder within a colony and dismay to the beekeeper.

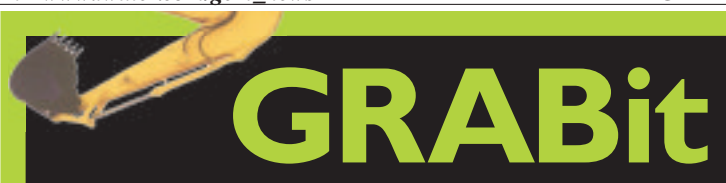
All in all, things have gone quite well this year. Honey is there for me to utilise, as well as the bees.

Of particular note – one swarm call-out proved something of a challenge! It turned out to be a colony of bees and not a swarm. This colony was a swarm initially, but it had stayed put in the trees where it landed and proceeded to set up home there.

A vast amount of comb had been produced all attached to the branches and fully exposed to the elements. Lots of photographs were taken and it is my intention to use these in a future article and to explain how the collection and transfer of the bees to a proper hive took place.

The season is not yet over, and who knows what will occur before it is over?

Harold Williams



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Happy 275th birthday!



THREE members of the Paget Rooms Monday tea dance who have received flowers to celebrate their birthdays – Mrs Bernice Davies (94), Mrs Iris Mills (101) and Mrs Sheila Evans (80).

All About You there is success!

ALL ABOUT YOU in Holton Road, Barry, are celebrating their first year and would like to thank their clients for helping them to make the salon a success.

All About You offer everything to make you feel special: quality unisex hairdressing with a wealth of experience; all aspects of beauty treatments – specialising in semi-permanent make up; qualified nail technician for manicures and pedicures, and a qualified barber for gentlemen and children.

Call in to All About You and be pampered, or telephone 01446 734159 for an appointment.

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Health, Beauty & Fitness

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Join a warm and friendly group near you today...

TUESDAY	Llantwit Major	THURSDAY
Aberkenfig	9.30am	Cowbridge
5.30pm or 7.30pm	Catholic Church,	9.30am
The Welfare Hall	Ham Lane East	The Rugby Club
Hope Avenue	Helen -	Broadshoed
Lorraine -	01446 750738	Rob - 07708 941279
01656 734710		
Cowbridge	Llantwit Major	Pyle
5.30pm	5.30pm or 7.30pm	9.30am
Lesser Hall	Catholic Church,	Pyle Rugby Club,
Town Hall Square	Ham Lane East	Dee - 07733 267 369
Irene -	Helen - 01446	Pyle
01656 861648	750738	5.30pm
		Pyle Rugby Club,
		Dee - 07733 267 369

slimmingworld.com
0844 897 8000

Slimming expert promises a slimmer Christmas 2014!

PEOPLE in Llantwit Major can look forward to a healthier, happier Christmas and New Year, says Helen Waite, who runs two Slimming World groups.

People who embark on diets fail within days or weeks because they follow plans that are too restrictive and leave them feeling hungry or deprived so they're impossible to keep up.

But Slimming World Food Optimising plan is a diet and you don't have to count and measure everything you eat. Instead, by satisfying your appetite on everyday foods like fruit and veg, pasta, rice, potatoes, lean meat and fish, it's possible to lose weight without ever having to go hungry or feel deprived.

All members will get the food optimising pack, free access to our online website and support of highly-trained consultant Helen.

She says: "I've lost weight myself with Slimming World, so I know exactly what it feels like – from feeling nervous about walking into the group on that first day – through to the joy of reaching your weight-loss target."

"Everyone in the group is there for the same reason – to lose weight and become happier and healthier – and each week we help and support each other by sharing advice, ideas, tips, recipes and more."

Anyone who would like to join the Llantwit Major group can pop along every Tuesday at the Catholic Church, Ham Lane East at 9.30am, 5.30pm or 7.30pm; or for more information, call Helen on 01446 750738.

Souls Awakening for fantastic event!

THE Vale's premier Mind, Body, Spirit Souls Awakening returns to The Memo, Barry, on Sunday, September 14 for another fantastic event.

It will be showcasing over 40 stalls, offering an array of holistic therapies – including reflexology, Indian head massage, amethyst bio-mat, crystal therapy, reiki, bamboo massage, clairvoyant, tarot and oracle readers, palmistry, foot reading,

psychic artistry as well as aura photography, spiritual gifts, crystals, books and much more...

A wonderful day for all the family offers free talks, including Himalayan singing bowls, meditation, harnessing positive thinking and connecting with your spiritual gift.

Free children's crafts and new extensive cafe. Come along and treat yourselves. An event not to be missed!

Contact Emma Jones on 07591 659015, blakey73@hotmail.com or find the event on Facebook.

Souls Awakening Mind Body Spirit Event



Sunday 14th September 2014
Memorial Hall & Theatre
Gladstone Road
Barry, CF62 8NA
10 am – 5 pm

Holistic Therapies, Natural Health & Organic Produce,
Clairvoyants and Tarot Readers, Crystals,
Jewellery, Aura Photography, Spiritual Gifts,
Arts & Crafts, Reiki & Crystal Healing, New Improved CAFE and much more....

FREE Workshops / Talks & Childrens Crafts

Simon Brooks
Sunshine
Foundation

£2.50 Entry Donation



For info contact Emma Blake-Jones on
07591 659015 / blakey73@hotmail.com or find us on Facebook

Introducing the Inman Aligner...

UNTIL now, the alternatives to straightening front teeth involved either long and expensive orthodontic treatments, or destructive and expensive restorative treatments – such as veneers or crowns.

Even ultrathin veneers involve heavy reduction of natural teeth when used to align crowding or protrusion.

But with the arrival of the Inman Aligner, all that has changed.

It is a cost-effective removable orthodontic appliance that moves teeth in a fraction of the time of other systems.

It aligns crowded or protruding anterior teeth with two opposing spring loaded aligner bars.

This provides gentle but continuous pressure over a large range of movement.

Surprisingly, this gentle pressure is the quickest way to move teeth, but it

also makes treatment very safe and kind to teeth. People love the speed of treatment and it's changing the face of dentistry as we know it.

The average treatment time is only four to 16 weeks, and now with concerns over economy, it's a more justifiable expense.

Only certified Inman Aligner dentists can provide this, and Dr Owain Joynson of Porthkerry Dental Centre has achieved this certification.

Dr Owain Joynson said: "The Inman Aligner is the greatest innovation in dentistry of recent years. It's fast, affordable and kind to teeth. It really is the best way to straighten crowded front teeth."

This popular treatment has proved to be extremely successful.

For further details, please visit www.porthkerrydental.co.uk. To book an appointment, contact Porthkerry Dental Care on 01446 735395.

Porthkerry Dental Centre

Straight teeth...
fast.

Improve your smile with the



INMAN
aligner
CERTIFIED USER

Simply the fastest way to straighten front teeth



"The Inman Aligner was so fast and so comfortable, I honestly couldn't believe it... brilliant!"

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www.scottwroe-hearingcentre.co.uk



Health, Beauty & Fitness



Fontygary Club welcomes you!

WITH the kids back in school and time on your hands, why not join us at the Bay Health and Fitness Club in Fontygary Leisure Park?

With no contract to sign, it is easy to just pay over the counter each month – there are no hidden charges!

This gives you the flexibility to come and go as you please (we also offer a pay-as-you-go facility). We have a separate free weights room – a fully equipped gym with vibration (like the celebrities use), a lovely relaxing leisure area complete with Jacuzzi, sauna and steam room and a 25m indoor swimming pool.

If you have never used a gym before, you don't have to feel intimidated as our staff are on hand to show you exactly how each piece of equipment works. We offer a warm welcome to everyone. Don't take our word for it – why not come down and see for yourself? (or call Jennie or Mark on 01446 710386).

Remember Fontygary Leisure Park is completely open to the public!

Fontygary
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Fontygary, Rhosce, Vale of Glamorgan, CF62 3ZT
Tel. 01446 710386

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STUDENT DISCOUNTS AVAILABLE NOW!

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- Friendly staff
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Notices and Fitness Fanatics Welcome!

WHY? FOR YOUR HEALTH & WELL-BEING – NO CONTRACT TO SIGN NO JOINING FEE

MEMBERSHIP FROM £125.00 PER MONTH

HOW? BY DIRECT DEBIT or MONTHLY PAYMENTS OVER THE COUNTER

WHEN? NOW – IT ONLY TAKES A FEW MINUTES TO CHANGE YOUR LIFESTYLE AND IMPROVE YOUR HEALTH!!

For further information please contact
Jennie on 01446 710386
or why not just pop down and have a look around? We are confident that you will like what you see...

Bring this advert with you - NO JOINING FEE!

Zumba Gold for feelgood factor

ZUMBA GOLD targets the largest growing segment of the population – baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

What stays the same are all the elements the Zumba Fitness Party is known for; the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule.

Zumba Gold is the perfect fit. It's a dance-fitness class that feels

friendly, and most of all, fun.

We have many stories to tell now we are celebrating two years on in Barry, where ladies' osteoporosis has improved, with weight loss, anti-depression, more movement, can climb stairs without getting out of breath... the list goes on. It's very rewarding seeing all my ladies and gents laughing and having fun, having a better quality of life, it's a real pleasure.

This is priceless for me to know that we are making a big difference to many people's lives.

Come and join my lovely ladies and gentlemen in the first Zumba Gold classes in Barry.

Zumba Gold gives you the feelgood factor, guaranteed to have a giggle, releasing the feelgood endorphins.

It's good for most conditions, giving you more flexibility, strength and stamina.

It's never too late to enjoy a fitter lifestyle, whatever your age.

ZUMBA GOLD CLASSES

Monday 9.30-10.15am
Sully BP Club
Monday 10.45-11.30am
Barry Memorial Hall
Monday 1.30-2.15pm
Llanrumney British Legion

Monday 6.15-7.00pm
Highlight Park
Wednesday 10-10.45am
Sully BP Club
Wednesday 11.30am-12.15pm
Highlight Park

Zumba Fitness Class
Tuesday 6.45-7.30pm
LLANDOUGH INSTITUTE HALL

All classes start from 1st September, but please check the website for confirmation of start dates:
www.tracey14.zumba.com
Pay As You Go option
Please mention this advert and get your first session FREE
Please call Tracey for further details on **07966 242933**
(Fully qualified fitness instructor)

How we can help to tackle insomnia...

GOOD quality sleep is vital to your health and well-being – lack of sleep affects many areas of your life and often results in mood changes, anxiety, short temper, lethargy and poor motivation.

It can lead to exhaustion and can affect your ability to cope with life. What's more, with serious sleep disorders, such as insomnia, the inability to sleep can become an obsession, thus exacerbating the problem.

A short amount of sleeplessness can happen to any of us and usually results in tiredness.

However, if the sleeplessness gets out of control then this can lead to serious health and social problems.

Hence, it is so very

important that you take care of your insomnia, initiating at the earliest so that it does not become a threat to your existence.

If you suffer from insomnia: difficulty getting to sleep, waking up in the middle of the night, waking up too early or difficulty waking up – Solution Focused Hypnotherapy may be able to help.

Using techniques from cognitive behavioural therapy; Neuro-Linguistic Programming and Solution Focus Brief Therapy, Sue Pitman can work with you to help resolve the issues which can lead to sleep disorders, and restore good sleep patterns.

Contact Sue on 07795 964066 or 02920 654893, or cardiffhypnotherapysolutions@gmail.com.



Sue Pitman
HPD, DHP,
MNCH(Reg)

Clinical
Hypnotherapist/
Psychotherapist

Contact Sue on
07795 964066 / 029 20654893

Confidential free initial consultation with no obligation at:

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www.cardiffhypnotherapysolutions.com

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RS PODIATRY is an established podiatry and chiropody practice at Highlight Park Medical Practice, in Barry.

Rebecca Skinner is fully qualified and is a member of The Society of Chiropodists and Podiatrists and The Health Care Professions Council.

This friendly practice is available to treat all foot ailments for all generations – from active senior citizens, to young sports people.

Rebecca is highly experienced at assessing and treating all foot and ankle problems and is dedicated to providing the best treatment and patient care at affordable prices.

For the most comfortable feet this winter, please call 01446 734064 for an appointment.

R.S. Podiatry

Rebecca Skinner BSc Hons MChS

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- Nail Cutting • Corns • Callus
- Ingrowing & Fungal Nails
- Nail Surgery • Foot Pain
- Verucae Treatment

Please Call for an appointment

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Health, Beauty & Fitness



Pilates returns with a bang!

PILATES classes return with a busy schedule this September. Thursday morning sees two new Pilates classes beginning.

The 10am class is a gentle class for beginners and improvers. At 11am on September 11, a new six-week introductory course starts ideal for those with little or no experience of Pilates.

With another five classes to choose from for beginners, improvers

and intermediates, there is plenty of choice.

All classes are led by qualified Pilates teacher Sharon Sylvester, who is also a local osteopath.

Sharon explained: "Pilates is a gentle form of exercise for the whole body that you can take at your own pace, focusing on both stretching and strengthening the body, to improve balance, strength, flexibility and posture."

For more information, or to book your place, contact Sharon on 07830 085606, or see www.barrypilates.co.uk.

Romilly Osteopathy & Pilates Clinic

Barry Pilates Classes

Beginners - Mondays 10.30am, 5.30pm

Thursdays 10am & Fridays 7.15pm

Intermediate - Mondays 9.15am & Fridays 6pm

New Beginners Pilates Course

Starts 11am Thursday Sept 11th - £39

Sharon - 07830 085606

www.barrypilates.co.uk

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experienced engineers.

The showroom is a natural progression for Dolphin, giving the opportunity to provide the public with daily living aids, from kitchen utensils to scooters, all with the service you would expect from us.

If you have any questions, would like to receive a brochure or book an appointment, call our freephone number, 0800 093 2293, or email j.pearce@dolphinlifts.co.uk.



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www.dolphin-stairlifts.co.uk

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Cardio Core Fitness Timetable

• **Membership only £26 a month** for unlimited classes
• **Classes only £3.50** - Booking system online

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am	Bootcamp	Legs of Gold	Metafit	Kettlebell Bootcamp	House Circuit
9.15am	Metafit	Abs & Arms	Kettlebell	LBT	Urban Rebounding
10am		Metafit	Metafit	Metafit	
1pm	Swiss Ball	Urban Rebounding	Circuits	Tone & Strength	Kettlebell
4pm	Kids Boxfit	Kids Multitfit	Kids Rebounding	Kids Multitfit	
5.30pm	Core	Bootcamp	Metafit	Metafit	Metafit
6pm			Urban Rebounding	Urban Rebounding	
6.30pm	Metafit	LBT	Boxercise	Abs & Arms	
7pm	Urban Rebounding				
7.30pm	Kettlebell	Boxercise	Kangoo	Kangoo	
8.15pm			Ab Attack		

Saturday 9.15am Metafit • 10am Urban Rebounding

Sunday 10am LBT • 5pm Metafit

Unit 2c and 2d, Palmersvale Business Centre, Barry CF63 2XA
For more info: www.cardiocorefitness.co.uk Sarah: 07943 825 499

Fitness classes for all at Cardio Core

MANAGING DIRECTOR of Cardio Core fitness, Sarah Cayton, has been in the fitness industry for over 10 years and has a wealth of knowledge and vast variety of fitness qualification.

From the success of launching on her own, Cardio Core centre now has a range of experienced trainers, including Ben Thomas, known for being a fitness guru; Taylor Harding, our very own professional footballer, with abs of steel - his core classes are one of our most popular classes; Janine D'arcy who is the queen of Legs, Bums and Tums - and Michelle Hunt, another of our experienced instructors known for her fast-paced workouts.

Aaron Davies, our new Boxfit instructor, has years of experience boxing and is known for his hardcore boxing sessions - a must try.

For our beginners and intermediates, we have the lovely Becki Hill and Hayley Ryan who teach our Kettles and circuits.

At Cardio Core we offer a range of

different classes suitable for all ages and abilities. We are open from 6am till late and hold an open gym from 10am till 4pm every day.

We also offer kids' classes Monday to Thursday - free to all members and only £3.50 to non-members.

We are the only place in Barry to offer pole dancing for beginners and intermediates.

We also have a 'refer a friend scheme' - sign up a friend for October, November and December, and you will each receive half price membership of £13 each for these three months (one friend per member but tell your friends to bring a friend!)

First class is free to all new starters (except pole dancing).

Check out our Facebook page Cardio Core, follow us on twitter@cardiocore_fit, email info@cardiocorefitness.co.uk or call 01446 732820/07943 825499.

LIVE A LIFE OF ADVENTURE with Maria Leijerstam

Double world record holder Maria Leijerstam from the Vale, founder of the Burn Series of multisport events and qualified personal trainer, inspires you with a weekly column on simple family sporting adventures in the beautiful countryside of south Wales. Maria will guide you on how and where in your area you can combine sport and fitness into family fun.



THE first week back at school can be an emotional time. Parents are delighted while children are either eager to see their friends or dreading the fact that GCSEs are coming even closer.

Coupled with the arrival of world leaders from 28 countries attending the Nato summit at Celtic Manor, which seems to be impacting on many of us in the Vale, this could be a chaotic week.

Sport and exercise is a wonderful way to relax. Just giving yourself 30 minutes a day will have a profound effect on your health, lifestyle and mental composure. I

have also found it a very useful way of giving myself time to consider my options. It was back in 2010, when I cycled the length of New Zealand, that I developed the concept of the Burn Series of Multisport events from the seat of my bike.

It may be worth noting that even world leaders give themselves time to participate in sport.

Barack Obama has been devoted to the game of basketball for over 40 years.

David Cameron runs around London parks twice a week and we all know about Boris Johnson's interest in cycling.

Closer to home in the Vale, Alun Cairns MP completed the London Marathon.

Why not make this coming week an activity-filled one and take on the following challenge. Just before

your evening meal every day aim to run three kilometres while your child cycles next to you urging you to go faster.

This should take between 15 and 25 minutes and will not only give you a great workout, your child will also be burning off the post school excitement.

This method also helps to build a good bond of support, encouragement and trust between you. Make sure you note your time so you feel the sense of achievement as each day you run a little faster.

FOOTNOTE
This column is provided for idea purposes only.

Always check with your doctor if you have any concerns about your health prior to embarking on any form of physical activity, and always let someone know where you are going.

The GEM newspaper and Multisport Ltd are not responsible or liable, directly, indirectly or consequentially, for any form of damages whatsoever resulting from the use (or misuse) of information contained in or implied by the column.

'RHOOSE LIBRARY IS UNDER THREAT'

THE initial proposal by the Labour and Llantwit First administration running the Vale Council to downgrade several libraries, did not include Rhoose. However at the last minute Rhoose was added to the list.

Rhoose library is the busiest of the rural libraries with two dedicated librarians working part time to keep it open 27 hours a week.

Rhoose has grown considerably from what was once a small village and continues to grow at a steady pace with sites allocated for further 750 houses, but the library service has not kept pace with the growth.

Instead of threatening to downgrade Rhoose library with losing its two librarians, it would have been better to augment the two members of staff with volunteers in order to open it for longer hours.

Many people from Rhoose and surrounding villages and hamlets make good use of the library and it also provides computer access for all ages and also to the job centre which is vital for the unemployed especially our young people.

The library is next door to Rhoose Primary School and is an essential resource



Couns Clarke and James outside Rhoose Library.

facility for its pupils. The librarians work closely with the school and also with Llanarfon Primary School.

While we can all appreciate the need to make savings, priority needs to be given to learning opportunities for people of all ages. It is essential that professional service is retained at Rhoose library.

There will be a formal consultation process and we will let everyone know when that happens. When that starts, we will invite people to write or email and make sure you let the cabinet know that they must save Rhoose library.

If people have already written, they will need to write again in the consultation process because Coun Neil Moore, the Leader of the Vale Council, has advised in writing to residents that all correspondence so far sent to him will not be considered.

He has stated in his letter to residents...

- SAY COUNCILLORS

"Therefore, unless comments are given within the formal consultation process, they will not be considered."

So much for respecting people's views. This important matter transcends politics and we are both determined to fight this proposal and with your help we can succeed.

Coun Jeffrey James and Coun Phil Clarke, Rhoose ward.

BIG FILL

THE Big Fill will be in Barry's Court ward on September 13 - 14 and Castleland ward on September 27-28.

To report a pothole, call the Vale Council's contact centre on 01446 700111, or email thebigfill@valeofglamorgan.gov.uk.

Society's AGM
THE Barry and District Chrysanthemum Society's annual meeting is on September 23 at 5pm.

It be held at Salem Baptist Church Hall, Beryl Road, Barry.

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Young Motion dancers excel at Glasgow championships

SEVENTEEN dancers aged nine to 16 years from Vale-based Motion Control Dance, travelled to Glasgow to represent Wales at the UDO World Street Dance Championships recently.

All "performed exceptionally well" in their divisions against dancers from across the globe.

The under-10 Juvenile team were very successful in the first round, going straight into the final, in which they achieved fourth place in the beginners section - after having to re-perform their piece due to a technical fault.

Jasmin Miller also performed very well on the day to be awarded sixth place in her under-

10 solo.

"Thank you to all the dancers and parents for all their support during this three day competition. A big thank you goes to Olivia Shouler and Yazmin Harcourt, for their wonderful choreography and hard work with both Juvenile and ERA in preparation for prestigious event," a spokeswoman said.

Motion Control Dance will be enrolling for the new term on September 6 at Barry YMCA from 10am-12pm.

For more information, contact dance co-ordinator Emma Mallam on 07725038778 or visit our website www.motioncontrol.com



ABOVE: The team celebrate their success at the recent championships.

Paul's winner

PAUL Moloney, stable jockey to Llancarfan trainer Evan Williams, landed the 'Win A Mini Handicap Chase' at Cartmel on August bank holiday Monday on the Williams-trained Going Concern.

The seven-year-old, which carried top weight of 11st 12lb, won by one-and-a-quarter lengths from Endeavor at odds of 5-2.

However, Aberthin's Tim Vaughan was out of luck in the opening Sticky Toffee Pudding Novices' Hurdle. His Always Archie was made an odds-on favourite but was beaten a length by 16-1 chance Volcanic Rock.

BRIAN LEE

Who wants to build what, and where?

Vale of Glamorgan Council - extension for new bedroom and bathroom accommodation.
Oakfield Primary School, Gibbonsdown, Barry - Erection of new two storey primary school building with associated playground, lighting, sprinkler tank and landscaping.
Mr Roger Thomas - The Coach House, Bonvilston - Use of outbuildings as a separate dwelling.
Bonvilston - Use of outbuildings as a separate dwelling.
Hafod Housing Association - Site to rear of Tesco Store, Mariner's Way, Rhosce - Proposed development of six flats and two houses, with associated parking and amenity space.
Mr and Mrs Chris Trigg - 1 Croft Gardens, Sully - Two storey side extension for new bedroom and bathroom accommodation.
Mr Howard Blackwell - Ty Groes, Heol y Mynydd, Southerndown - Two storey and single storey rear and side extensions and front porch.
Mr Barry Thomas - 31 John Bachelor Way, Portway Marina, Penarth - Proposed first floor balcony.
Mr and Mrs Protheroe - Heathcliffe, Clive Crescent, Penarth - Demolition of existing bungalow and construction of one replacement dwelling.
Mrs Gaynor Millar - PW Millar Ltd, 148 Port Road East, Barry - Grey cladding to building.

Badminton teams ready for new season

VALE badminton club continue to play in the competitive Cardiff badminton double league.

During the year the Vale club managed to field three men's teams, a ladies and a mixed team in various divisions. The season has been less successful than in previous years, with victories being hard earned and the coming season will be

one of consolidation with opportunities for both ladies and men to join the club and play competitive badminton doubles.

The club plays at 7.45pm on Tuesday evenings in the Cowbridge Leisure Centre, further details can be found on the club website or by telephoning 01656 766967.

AE

Ploughing match

ON Sunday, September 14, the Vale of Glamorgan Ploughing & Hedging Society will be staging their annual ploughing match at Tyn y Caeau Farm, Marcross CF61 1ZG, by permission of Mr John Evans and family.

This year, for the first time, teams of horses will be seen on the field and vintage tractors and ploughs will also be competing alongside modern tractors with multi-furrow ploughs. In addition, the Fergusson Club will be

staging the European T.20 Ploughing Championship consisting of tractors and ploughs produced prior to 1956. The Fergusson Club will be holding their annual photographic competition open to all (Only photographs taken on the day of the match will be accepted.)

Refreshments will be available throughout the day. Car parking will be free and the entrance fee at the gate will be £5 for adults; children and society members will be admitted free.

Further information can be obtained from the Chairman, Andrew Studley, on 07980 921990. BG

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'Any dog - as long as it's a pug!'

That was the theme at a charity day held recently at Dogs Trust Bridgend's Court Colman premises.

People came from far and wide with their pet pugs, and it was reported that the event raised more than £1,000 for the Jemima's Place animal charity.



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SOLD



LOWER PYKE STREET, BARRY

- A well presented 2 bedroom Victorian bay fronted property in popular location
- Gas central heating & double glazed throughout
- Low maintenance garden to front & rear
- Ideal first time purchase
- Offered freehold

£114,950

SOLD



LOWER PYKE STREET, BARRY

- Newly refurbished 3 bedroom end terrace in good central location
- Gas central heating & double glazed throughout
- Included within the Castletland Regeneration Scheme
- Secure gated rear lane access
- Offered freehold with no chain

£119,950

SOLD



CAREW CLOSE, BARRY

- Well presented 3 bedroom semi detached property in quiet cul-de-sac location
- Gas central heating & double glazed throughout
- Off road parking to front
- Would make ideal first time purchase
- Offered freehold with no chain

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CHURCH ROAD, BARRY

- 4 Storey building, currently comprising:
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- A 4 bedroom detached property in popular location
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£235,000



CLOS Y FULFRAN, BARRY

- A 2 bedroom 1st floor coach house. GCH. DG. Unfurnished. £525pcm

NEW



RICHARD STREET, BARRY

- 2 bedroom mid terrace property in a central location
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- Offered with no chain.

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• **Arthur Street, Barry.** 3 bedroom mid terrace. GCH. DG. Unfurnished. £575 pcm.

• **Clos Y Fulfran, Barry.** 2 Bedroom 1st floor coach house. GCH. DG. Unfurnished. £525pcm

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Red Admiral team win top skittles tournament

BARRY'S biggest skittles event of the year took place last week at the Railway Club, Broad Street.

Men's and women's skittles teams from all over Barry contested the Olga Collins Memorial open skittles tournament on Thursday, August 28.

At the end of an evening of keen competition, the winners were The Red Admiral ladies team.

The runners-up were the Sour Six mixed team.

Top scorer for the ladies was Karen Dutton, who played for the Odd Bods; top scorer for the men was Neil Cordy, who played for Sour Six.

The losing semi-finalists were The Twilights and The Guardian Angels.



The victorious Red Admiral ladies' team.



ABOVE: The Sour Six were runners-up.



LOCAL CLUB HELPS RAISE FUNDS FOR YOUNG ALFIE

JUNIOR students from local Tae Kwon Do School, JSTKD Martial Arts were guests of Cardiff International White Water (CIWW) in recognition of their support of the fundraising campaign, 'Walk with Alfie', which is a local charity set up to support Penarth 'toddler', Alfie Porter Smith.

Although Alfie was two years old in May, he is not able to toddle yet as he has a rare form of cerebral palsy requiring specialist therapy and treatment which falls outside the remit of what is available via the NHS.

JSTKD has its own charitable trust, the Jenny Schembri Foundation (JSF), which chooses a different good cause every year and then fundraises on behalf of that charity.

Club members, ranging in age from three years up to adults, support the chosen cause either by participating in various fundraising activities or by sponsoring those who are taking part.

The young students, who were generously invited as guests by CIWW, had been chosen as finalists in the JSTKD 'charity t-shirt competition'. Junior club members were asked to create a t-shirt that could be made into a 'real' garment to be sold to raise funds for Alfie's campaign.

The winner, Alan Li from the Dinas Powys club, has seen his design made into stylish t-shirts that have been made with the latest dri-fit technology.

Alan, along with the other finalists, Joshua Edwards, Menna Birmingham, Harri Birmingham, Rhys Doel, Caitlin Taylor, Joshua Solomon, Jake Hayvice and Cai Eastwood went along to the

CIWW to learn how to manoeuvre kayaks and rafts with skill, speed and precision.

After being kitted out in the wetsuits provided by the centre, they were allocated a knowledgeable instructor who took them through their paces including how to fall in the water safely, how to sit and stand on the boats and their favourite part, how to race each other as swiftly and skilfully as possible.

Competition winner Alan (14) was full of praise for their visit saying: "We had an awesome time at the centre, our instructor was brilliant and we had loads of fun. We'd all like to say a big thank you to CIWW for providing us with such a great prize".

To see the prize-winning designs or to purchase a t-shirt please visit jstkd.co.uk. All proceeds will go via JSF, to the 'Walk with Alfie' campaign.

VW

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CHURCHFIELDS - Large Detached Property - Two Car Driveway - Beautifully Presented - Upvc Double Glazing - Gas Combi Boiler - No Forward Chain £199,950	MOUNTBATTEN ROAD - Link detached - Well presented 3/4 bedrooms - Ideal family home - Well kept garden - No Chain £169,950	CORNWALL ROAD - Modern - Two bedrooms - Popular residential estate - End of link - Rear garden - No chain £104,950	TREHARNE ROAD - Semi Detached Bungalow - Two/Three Bedrooms - Large South Facing Gardens - Upvc Double Glazing - Gas Central Heating £155,000	DAWAN CLOSE - Modern - Three bedrooms - End of link - Ideal for the first time buyer or investor - Vacant possession - No chain £129,950
MEGGITT ROAD 2 bedroom house - Gardens to front, side and rear - Space to expand - Ideal for first time buyer or investor £125,000	MALLORY CLOSE - Modern mid link - Two double bedrooms 20ft conservatory - Fitted kitchen - Ideal for first time buyers - No forward chain £89,950	LEWIS STREET - Top floor apartment - Two bedrooms - Gas central heating - Communal rear garden - Well presented throughout - No chain £85,000	HEOL CLIFFRYDD - Modern Ground Floor Apartment - Two Double Bedrooms - Master En-Suite - Recently redecorated - Fitted Kitchen - No forward chain £107,950	PORT ROAD EAST - Well presented - Five bedrooms - Ideal family home - Large, south facing rear garden £235,000

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H4U Reference 997485

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- Double-glazing
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- Communal door/gardens

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GATEHOLM CLOSE, BARRY



H4U Reference 103618

Suitable for a family meeting the maximum occupancy requirement

- Two-bedroom house
- Central heating
- Double-glazing
- Gardens

Rent £87.90 per week

GLEBELAND PLACE, ST ATHAN



H4U Reference 248470

Suitable for a family meeting the maximum occupancy requirement

- Three-bedroom house
- Central heating
- Double-glazing
- Gardens

Rent £105.36 per week including water charge

LENNOX GREEN, BARRY



H4U Reference 214924

Suitable for a single person or couple over 55 - no pets

- One-bedroom flat
- First floor
- Central heating
- Double-glazing
- Community alarm

Rent £90.98 per week including water & alarm charges

LOUGHER PLACE, ST ATHAN



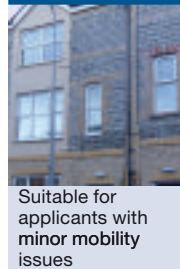
H4U Reference 248925

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- Two-bedroom flat
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MAIN STREET, BARRY



H4U Reference 1116763

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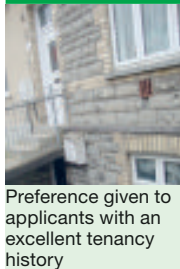
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- Communal garden

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H4U Reference 252471

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- Double-glazing

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H4U Reference 224876

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- Central heating
- Double-glazing
- Community alarm

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H4U Reference 245600

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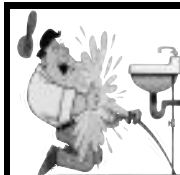
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Family Notices

POWELL

Anthony John

Betty and family would like to thank all who so kindly sent messages of sympathy and support during their recent sad bereavement. We were overwhelmed by the attendance at Anthony's funeral and of the donations received for Cancer Research Wales and the Penllyn Church Organ Fund.

Our thanks to the Doctors, Nurses and Carers, and to the Rev'd Edward Dowland-Owen for officiating at the service.

TEBBY

John Henton

Suddenly on August 19 at his home in Llantwit Major, John, beloved husband of the late Sylvia, dearly loved father of the late Robert, and brother-in-law of Peter and the late Ray Mayne. John will be greatly missed by all his family and friends.

Resting at the Private Funeral Home of W James & Sons, Fommon, Funeral Tuesday September 9, service 1.30pm at St. Illtud's Church, Llantwit Major, followed by cremation at Coychurch Crematorium, Bridgend at 2.45pm. Family flowers only may be sent to the Funeral Home, donations if desired to British Heart Foundation c/o Mrs C. James, 11 Fommon Road, Rhosce, CF62 3DZ.

FRANCIS

Glyn Royston

With grateful thanks to the following who were such a help and support throughout Glyn, my husband's illness:

The Princess of Wales Hospital Bridgend, Velindre Hospital Whitchurch Cardiff, Macmillan Nurses Merthyr Tydfil, Eryl Surgery Llantwit Major, The Staff of Boots Chemist Llantwit Major, Marie Curie Holme Towers Penarth, W.A. Brown & Son Funeral Directors for their excellent service. All those who sent sympathy cards and attended Glyn's funeral.

Lastly for the lovely service given by Canon David Brunning at St Illtud's Church, Llantwit Major.
Mrs Faith Francis & Family

THOMAS

Eunice

Eunice, of Dinas Powys died of heart failure on 16 August. She was 92. Ever her own person, loved and, as her late husband, George, knew, sometimes independent. Eunice will be very much missed by her children, Geraint, Catriona, Julien, Teresa and David, by her grandchildren, great grandchildren and other relatives in Wales and Australia, as well as by friends in the Catholic church, history society, Labour party and gypsy community.

Resting at Green Willow Funerals, 21a Station Road, Dinas Powys, CF64 4DE until a civil funeral service at Barry Crematorium, Port Road East, Wenvoe, at 2.15pm on Thursday, 11 September. Do wear clothes that she would have approved of. Family flowers only, please. A memorial book will be available at refreshments after the service. Donations, if wished, to Ty Hafan children's hospice may be handed or sent to the Funeral Director. Eunice's ashes will be scattered privately at the same place as those of her late husband.

LEE

Terence (Terry)

Peacefully on August 27 at Holme Tower, Penarth.

Beloved husband of Patricia, loving father of Victoria, Matthew and father-in-law of Alex. Elder brother of Philip and brother-in-law of Janice, Bonita and Robbie. Loving uncle of all his nieces and nephews. Terry will be sadly missed by all his family and friends.

Resting at AG Adams & Son Funeral Home, Gladstone Road, Barry, until the funeral on Friday September 5. Service in the chapel at 1pm, afterwards cremation at Barry Crematorium 2.15pm.

Family flowers only. If desired, donations may be handed to the Funeral Director after the funeral for Marie Curie Holme Tower, Bridgeman Road, Penarth.

HOPKIN

Beryl

Peacefully on Tuesday August 26 at the Manor House, St. Hilary, Beryl, formerly of St. Johns Close, Cowbridge, and of Maerdy Newydd Farm, Bonvilston, beloved wife of the late Alun (Hoppy), much loved mother of Peter, Jessica and the late Gareth, devoted grandmother of Camilla, Matthew, Charlie and the late Daniel, mother-in-law of Robert and Rita, grandmother-in-law of Catherine, great grandmother of Beth, sister of the late Madeline and sister-in-law of Ernest and the late Dewi.

Resting at the Private Funeral Home of W James & Sons, Fommon. Funeral Friday, September 5, service 2pm at Llanblethian Church followed by cremation at Coychurch Crematorium, Bridgend at 3.15pm. No flowers by request, donations in lieu, if desired, to British Heart Foundation or Tenovus, both c/o J. James, 11 Fommon Road, Rhosce, Vale of Glamorgan CF62 3DZ.

PALLAS

Sheila Betty

Sadly, and most unexpectedly, Sheila passed away peacefully on August 25, 2014 at Llandough Hospital.

She was much loved by sisters Miriam and Wendy, and sister-in-law Celia and Australian niece and nephews, and families. Brother-in-law Adam, nieces Julie, Cerian and Bethan, great niece Lucy and all their families.

Resting at AG Adams & Son Funeral Home, Gladstone Road, Barry until the funeral on Saturday September 6. Service and committal at Cardiff and Glamorgan Crematorium, Port Road East, Barry, where family and friends please meet at 12 noon. Family flowers only, donations for Ty Hafan.

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LOOK WHO'S 21

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Fun at Llantwit Major RFC... BEFORE THE SERIOUS STUFF BEGINS!



TO show its continued commitment to the community of Llantwit Major, the rugby club held its annual 'Party on the Pitch' on Sunday, August 24.

This has been a way for the rugby club to remain at the heart of the community but is also something that the club organises so it can give something back to the community that supports it well, particularly last May and the SWALEC Bowl final in the Millennium stadium.

The day took the same format of previous years and saw a number of bands performing on an outside stage in front of the rugby posts; the entertainment extended to bouncy castles for children and a newly arrange secure area for toddlers to play in. While the weather was not quite as glorious as it should be for August

this didn't deter the visitors who came to enjoy the day.

The celebrations were rounded off late in the evening by rugby club favourites Burning Bridges, who played an extra long set in the function room of the club due to the weather taking a turn for the worse. The club welcomed many visitors to the club, both old and new, and it is hoped their reputation as a welcoming club was further enhanced.

As this is the club's 125th year there will be more events arranged within the club that the community are welcome to be part of; for more information on these please follow the club's Facebook page (facebook.com/llantwitrugbyRFC) or Twitter account (@llantwitrugby).

On Saturday, August 30, Llantwit Major kicked off their 125th anniversary



year with an invitational seven-a-side contest.

It is many years since the club has organised and held such an event and it was decided that this would be an ideal way to kick off the special year. The format of the contest was two groups of four teams that included in group 1 - Llantwit Major RFC, Tackle Scratchers 7, 1 Para and Breakthrough Wales and in Group 2 - Cowbridge, Force Strength and

Conditioning, Llantwit Major Druids and Heol y Cyw. Special mention must go to Heol y Cyw who answered a last minute SOS to make up the numbers and made the short journey to Llantwit to take their place in the competition.

With play due to start at 2pm it was fitting that just before the first

kick off was due to take place, the famous Red Arrows passed overhead in formation as part of a local display (a fact not known by many who may have thought Llantwit Major RFC had really pushed the boat out!). The first games to kick off were between Llantwit Major RFC and 1 Para on pitch 1 and the Druids v Force Strength and Condition (who were playing in memory of Austen Howells) on pitch 2.

There was some excellent rugby played on both pitches throughout the day and with places at stake in both a cup and a plate competition, this was no place for the faint hearted with some bruising hits being seen and often felt by the good crowd that had turned up.

Some of the biggest

hits came from a Breakthrough Wales, comprising of players who originated from Fiji and were serving as part of Her Majesty's military across Wales. It was genuinely a golden opportunity to witness first hand some of the flair that is forever associated with Fijian seven-a-side teams.

As an addition to the rugby on display, history was made by two Llantwit players when, representing the 1 Para team, father and son Spencer and Dan Sutton took the field together for the first time in their careers and it is anticipated this won't be the last time they are likely to take the field together.

Breakthrough Wales and Llantwit Major progressed to the semi-final of the cup competition as group one winner and runner up respectively and the results within group two saw Heol y Cyw and Force Strength and Conditioning go through as group



winners and runner up respectively, setting up semi-finals of Breakthrough Wales v Force Strength and Conditioning and Llantwit Major v Heol y Cyw.

In two hard fought and often tasty games no quarter was asked nor given in contests that flowed from end to end. In a particularly feisty encounter it was Breakthrough Wales who emerged victorious in the first semi-final and after being in touch until the last minute, it was Llantwit Major who succumbed to a defeat from Heol y Cyw in the second semi-final. In the plate competition Cowbridge faced invitational side Tackle Scratchers 7 (another memorial side playing in memory of Will Rimmer and Leigh Hopkins).

In the final of the Plate Cowbridge emerged victorious. In the final of the cup the game was end to end with Breakthrough Wales scoring first

before Heol y Cyw scored and the seesaw effect took the score to 19-19 before the seemingly superior fitness and sleight of hand of the Fijians saw them run in the winning try which was converted to make the final score 26-19.

The curtain was brought down on the event with Roy Giddings, the east district representative of the Welsh Rugby Union, presenting the top try scorer to Aled Jones of Heol y Cyw and the trophies to the successful teams, Cowbridge RFC and Breakthrough Wales. There is talk that this will now become an annual event with several competitors stating they can't wait to come back next season.

The competition proved a welcome break from 15-a-side pre-season training for senior players of

Llantwit Major it also proved to be a good blast of fitness that will stand the players in good stead for the high tempo games to come throughout the normal season.

Pre-season has been undertaken on a professional and organised manner with a view to hitting the ground running at the first game. Preparations will continue this week in the run up to the two senior games. The First XV will host Llandaff and the Druids will travel the short distance to Porthcawl. You can play your part in this by supporting the players at their games, and if you enjoy that why not join the club as a member with the annual subscriptions now due.

The club looks forward to welcoming all returning and new supporters to the club throughout the 2014/2015 season.

NE

Wales based at the Vale Resort



PICTURED: Paul Beddoe, sales and marketing director of The Vale Resort and Robin McBryde, Wales assistant coach.

PHOTOGRAPH: WELSH RUGBY UNION

THE Vale Resort will be a team base for Wales and France during the pool phase and knock-out stages at Rugby World Cup 2015.

Warren Gatland, Wales senior team head coach, said: "We are delighted to confirm that Wales will be based at The Vale Resort and London Irish RFC during next year's tournament."

Schools take part in hockey festival

PUPILS from Romilly, Palmerston, Sully, Llangan, Pen-y-Garth and St Baruc recently gathered at Bryn Hafren Comprehensive School for seven-a-side hockey matches.

The teams were joined by Coun Gwyn John, Judith Powell, the Vale hockey agent, and Richard Jones, Hockey Wales' regional delivery manager for south Wales.

The festival was part of Sport Wales-funded Dragon Sport, a national scheme administered locally by the Vale Council's Sports Development team, and aims to increase the number of seven to 11 year olds participating in sport.

For further details regarding opportunities for children to join hockey clubs in Barry, Cowbridge and Penarth, contact the Sports Development team on 01446 704795.

Cricket team are looking for fixtures

DINDER & Crocombe Cricket Club are seeking fixtures for their 2015 tour, which will be based in Cardiff.

We are a village team of modest ability & fitness (the 2014 tourists averaged 43 years old) and are looking at the weekends of July 4/5 and

11/12 for our tour.

We would like to play either on Friday evening (20/20) or Saturday afternoon as well as Sunday afternoon and would be happy to drive up to 25 miles or so for a game.

If you can help us out please email: dandcricket@gmail.com.

DC

Bridge results

PENLLYN Bridge Club results for August were as follows:

Thursday, August 7 (17 pairs) - First: Mike Baron & Brian Tucker 63.21%, second: Barbara Easterbrook & Gill Wybrow 59.29%, third: Moyra Cuthill & Allan Evans 56.79%

Thursday, August 14 (13 pairs) - First: Colin Easterbrook & Viv Roberts 70.5%, second: Julia Evans & Mairwen Edwards 57%, third: Helen & Mike Ruttley 56.5%.

Thursday, August 21 (19 pairs) - First: Marion & David Stephenson 65.94%, second: Julia & Ryan Evans 60%, third: Catherine Domican & John Hunter 59.38%.

Thursday, August 28 (19 pairs, Robert Brown Cup) - first: Brian Tucker & Mansel Thomas 65.31%, second: Judith & Colin Nunn 59.06%, third: Gill Harding & Rita Williams 58.44%.

CN



Llantwit Major under-14s

Llantwit Major under-14s start season with victory

L L A N T W I T MAJOR RFC under-14s started their 2014/15 season by welcoming Bridgend Sports to the Rec.

After a busy summer of hard work and the introduction of some fresh faces to the squad the team was ready to dish out some payback after Bridgend Sports beat them last season. With the boys all warmed up it was time for the game to begin. Llantwit were living dangerously after a mistake from the kick off to which Bridgend capitalized and put the first points on the board.

After going one down Llantwit showed their intent and hunger to get back into the game. The forwards were putting in a first class display up front by carrying the ball and setting it up for the backs to build off. The backs had shown up to the party also and were displaying crisp handling and showing off their ability to spread the ball wide quickly and efficiently.

It was a well worked backs move which got Llantwit on the score sheet. After a brilliant surging run from lock Treadgold the ball was recycled quickly and two quick wide passes from Holloway and Padmore saw the ball end up in the hands of new boy Luke Birnage, who hoisted his sails and out sprinted the tracking defenders to first score. Holloway converted.

It wasn't long after scoring his first try Birnage was to get another opportunity which he took with both hands and got his debut off to a fantastic start. A superb long pass from Fairchild into Luke's hands saw a 20 yard dash with no one between him and line. Holloway converted.

With Llantwit growing ever more comfortable and settling into the game after a rusty first couple of minutes the forwards wanted to put their mark on the game and with Bridgend playing a few phases in their own half the forwards put in some bone crunching tackles; Hughes, Hodge and Richardson were the ones that stood out. Hughes and McInnes were also doing a sterling

job in the lineout and a new but settled front row of Henson, Miller, Sims and Chandler Haines provided bulk and technique to ensure the team was always on front foot at scrum time, and after a collective effort it was a forward who was to get on the scoresheet next.

A pick and go from Roberts saw him make some brilliant yards and offload to number 8 Harris who fought off every player coming close to him to bulldoze his way over the line.

Next up on the scoresheet was top scorer last season Iwan Robinson-Booth, who in two years has racked up over 70 tries and he lived up to expectations in the new season by doing what he does best.

Another brilliant 20 yard spin pass from Fairchild fell straight into Iwan's path and he saw a channel of space and went for it to cross the line for Llantwit's fourth try of the game. Holloway converted.

Luke Birnage was to make his debut double into hat-trick, this time spinning in the tackle and gliding over to make it five tries in the first half for the home side. Half-time score 33-5

The second half started as the first half had finished with Llantwit on top. The boys used their width and new boy Dylan Carroll and opposite winger Luc Williams got a few touches of the ball and looked dangerous while half backs Wilson and Cates provided first class service from the base.

The first score of the second half came quickly and it was Luke Birnage again, taking his debut tally to four tries. Holloway converted.

After a steady five minutes of possession Llantwit played the ball in the forwards and edged their way from halfway up to the Bridgend 22 meter line. Quick passing from the base and a cheeky inside pass from Padmore saw Holloway slide through unchallenged for his first try of the game, which he also converted.

A dangerous attack from Bridgend was superbly brought to a halt after a brilliant rip from Henson deep in his 22 and he managed a quick offload to which Holloway was to be the creator for the next try. His long kick upfield was

chased down by Padmore; Williams and Robinson-Booth saw it land in the Bridgend fullbacks hands and with no-one in support of the fullback the three Llantwit players hunted him down and stripped the ball off a quick ruck and Iwan scored his second of the game. Holloway converted.

Bridgend came back into the game and a sloppy period of rugby from the home side allowed Bridgend to score two tries to make it 54-19. After a grilling off captain Hodge and vice captain Treadgold the boys replied instantly.

This time the try came from number 8 Harris who once again showed his power and strength to brush off tackle after tackle and his burst from halfway saw him run the rest of the field to cross the line. Holloway converted.

Llantwit made an error once more off the restart which allowed Bridgend a consolation try, but Llantwit were not finished, a solo effort from Robinson-Booth dually converted by Holloway making the final score 68-24.

It was a fantastic game to watch and the lads really did themselves proud, it was the perfect way to start the new season. We want to also say thank you to all the parents who came to watch in their continued support of the team.

We have spaces for anyone wishing to join us. If you're going into school year 9 and want to give rugby a go, experience isn't necessary. For more information contact coach Kris Pilcher on 07557128861

Squad: Dom Henson, Cameron Miller, Cameron Sims, Tyler Chandler-Haines, Brandon Hughes, Rhys Roberts, Connor Treadgold, Owen Hodge, Callum McInness, Mason Richardson, Jos Harris, Ben Wilson, Kyle Cates, Liam Padmore, Jake Fairchild, Iwan Robinson-Booth, Luc Williams, Dylan Holloway, Dylan Carroll, Luke Brinage.

KRIS PILCHER UNDER 9S

Llantwit Major under-9s welcomed Bridgend Sports Club to play their first match of the season which was also their first match out of tag rugby and into

contact.

The boys were all very excited and there was an excellent turn out for the game with 19 players in total. The boys played three 10 minute matches.

The players for the first match were Thomas G. Flynn, Dafydd, Lewys, Myles, Kian, James, Corey, Braydan, and Thomas L. and all the boys played very well, getting stuck in with their tackling and passing the ball from player to player.

The score for this match was Bridgend Sports Club 5, Llantwit Major 2; try scorers were Corey and Thomas L.

In the second match the players were Kelyn, Carwyn, Calvin, Tom J, Brandon, Rhys, Luca, Owen, Kristian and Braydan. Again the boys played very well with some excellent tackling and ball carrying, but again they were just pipped, with the score for this match Bridgend Sports Club 2, Llantwit Major 1; try scorer was Braydan.

The third match saw all the boys playing for a few minutes and the score for this match was Bridgend Sports Club 2, Llantwit Major 2; try scorers were Lewys and Thomas L.

All the boys should be very proud of how well they played with it being their first match in contact - keep it up boys, here's to a great start of the season.

NE

Annual golf day sees golfers rise above the weather!

THE annual Glamorgan Hunt golf day took place at Wenvoe Castle on August 29, not a day for the fairweather golfer.

Ken Harding travelled all the way from Devon to take part and there was plenty of quality golf played taking into consideration the strong wind and blustery showers.

However it failed to dampen the competitiveness of the players judging by the scores, as there was only six points separating the top three teams. Martin Edwards' team was third on 107 points, Martin having only organised a team 10 o'clock the night before with the help of Rhys Williams; second



Winning team - Nic James, Byron Evans, Gareth Perkins, Glen Hughes

place on 109 points went to Rhys Williams and his team members of Wenvoe, who incidentally have won the competition the last two years.

However the winning team with a score of 113 points was organiser Gareth Perkins, Nic James, Byron Evans and

Glenn Hughes. Nic James won the individual on 39 points, nearest the pin on the second S Keverly and on the ninth K Knowles, and the 15th went to P Regan.

Thanks again to Ann and Alison Coleman for sponsoring the main prize, thanks to Nicola the secretary and Jason

the professional at Wenvoe Golf Club, plus the caterers, and to Stan Harding and David Evans for sorting the scorecards.

A big thanks to all that played and supported the day, see you all next year!

GP

THE 'GLYNS' ENJOY SUCCESS!

PONTARDAWE Golf Club proved a most suitable venue for the recently held monthly meeting of the Glamorgan Farmers' Golf Society with 29 competitors setting off in warm sunshine, all attempting to win the Anthony Brown Cup.

The wonderful views from this impeccably manicured picturesque course set 600 feet above sea level in the upper Swansea valley certainly added to the overall enjoyment to those in attendance with the warm hospitality associated with this club again very evident.

At the conclusion of play just four points separated the leading four players with Glyn Watts-Jones heading the leaderboard with 32 stableford points followed by Clive Thomas who scored 31 points.

Society president Geraint Davies finished



Winning golfers Glyn and Clive Thomas, Glyn Wraas-Jones, sponsor Mark Brown, society captain Mike King and Carl Brown.

in third place with 30 points and Julian Kelly finished fourth with 29 points.

Cowbridge resident Glyn Thomas, brother of Clive, won the guest section with 33 points in addition to winning a number of other prizes including the Bear Hotel, Cowbridge sponsored longest drive prize.

Nearest the pin on the par 3 holes sponsored by Llanerch Vineyard and Restaurant were Glyn Watts-Jones, Bob Evans, Griff Morgan and also Glyn Thomas, who was also successful in

winning the Premier Turf sponsored bottle of whiskey by correctly guessing 47 balls would fail to return home which raised £76 for the Llantwit Major Lifeguards fund.

A private lesson with a fully qualified golf professional located at the recently re-opened Hensol golf academy was a suitable reward for Jim Hayes, whose score was just good enough to collect the best endeavour prize over an off-colour Aubrey Bowen.

Society members are

now looking forward to their annual 54 hole competition for the David Evans (Agriculture) Ltd trophy which this year takes place in southern Ireland.

Tramore, Mount Juliet and Faithlegg are the three golf courses staging this prestigious event starting on Friday September 12, with 32 members and guests schedule to travel.

This will be followed on Thursday, September 25 with a visit to Neath golf club to compete for the Arthur John & Co Cup.

T.McC

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It's joy for the Llantwit Cavaliers as the team land the SWCA league title!

THE Llantwit Major Cavaliers First XI were crowned champions of the Thomas Carroll SWCA Division 4 on Saturday thanks to a victory over Dyffryn CC.

Having secured promotion last weekend the Cavs knew a victory would see them crowned champions. Captain Snelson won the toss and elected to bowl first on a soft, green wicket.

The wicket looked as though it would provide assistance to the bowlers, with variable bounce and pace, and Jono Cheal (7-3-23-1) and Julian Griffiths (7-1-31-0) shared the new ball.

After Cheal had taken the first wicket with the score on just 24, a stubborn partnership between L Jones (25) and R Stanton (23) left the game evenly poised.

However, a good catch by debutant Scott Wilks in the slips removed Jones off the bowling of Ben Jenkins (13-6-22-5). As has happened many times this season, Jenkins and Jimbo Thomas (8-3-33-1) worked in tandem to dry up the runs and it wasn't long before Thomas claimed another scalp, courtesy of a Harry Withers stumping.

In the final 10 overs of spin only 11 runs were scored, as no batsmen seemed to have an answer to either bowler.

The next two wickets to fall were courtesy of well-taken catches by the Cavs. James Snelson and Julian Griffiths both took catches, with Griffiths' in particular a very memorable catch on the boundary.

Some big hitting by R Morgan (42) helped Dyffryn reach 146-5 before he was removed LBW by Jenkins.

An excellent spell of bowling by Mike Wood (5-2-15-3), who rolled back the hands of time, and Jenkins, saw Dyffryn lose their last five wickets for just two runs with Jono Cheal taking two catches. Dyffryn finished their innings 148 all out.

After tea, with the pitch deteriorating, the Cavs made about their chase. Dyffryn opener J Day (11-3-56-4) bowled well with the new ball to remove Snelson for a duck.

Withers (33) and Stu Davies (17) helped steady the Cavs before Day struck three times in quick succession to leave the Cavs struggling at 57-4.

Julian Griffiths (21) and Jono Cheal (28) punished any loose bowling and looked as though they were guiding the Cavs to victory when Griffiths was removed with the score on 106-5; Jono was out with the score on 135 for 7 with the Cavs needing just 13 runs for victory.

Ben Jenkins (26*) and Mike Wood (3*) saw the Cavs over the line in the 29th over with Ben hitting

a massive six to comprehensively win the match.

The Cavs then celebrated their promotion and becoming champions long into the night.

Everyone at the club deserves great credit for this achievement. From Mark Jenkins, the groundsman, to Dave Snelson, the scorer, to players such as Lee Callard, who have played in games in which they neither batted nor bowled, it really has been the whole club responsible for this season's success, not just the 11 players on the pitch on Saturday.

The Llantwit Major Cavaliers 2nd XI played their final Thomas Carroll SWCA League fixture of the season against Dyffryn 2nd XI.

Thanks very much to Mark Jenkins, who conscientiously prepares all the weekend wickets for the club on the Saturday and Sunday mornings, with the groundsman very kindly doing all their work on the Friday.

Shane Callard amazingly won his fourth toss on the trot and elected to bat first. The Cavs scored 204 for 8 off their 40 overs with top scorer Phil Harris (78) being run out with the score on 124 for 2 in the 23rd over. Mark Coldwell (35) and Alex Harris (42 not out) also providing useful contributions with Alex bulldozing 4 fours and 3 sixes in 6 overs of mayhem.

Alex, who has been in plaster for most of the

season, has been sorely missed; the team are sure that they would have clinched promotion with the all-round contribution that he would have given the side.

For Dyffryn L Baker (3 for 44) had the best bowling figures with E Pickering (2 for 17) and S Baker (1 for 40) also taking wickets.

Thank you very much to Julie Cheal for providing yet another lovely tea for the club; all teas were very much appreciated by all club members throughout the season. Thanks also to Julie Worgan who has very kindly cleared up after the teas many times this season.

In reply Dyffryn scored 126 for 7 off 40 overs with Dai Singh (58), D Daley (28 not out) and C Davies (18) scoring the bulk of the runs. For the Cavs Dave Cheal (6-3-5-0) and Kieran Davies (5-3-6-0) opened the bowling and restricted Dyffryn to 11 runs from the first 11 overs; Scott Buckley (0 for 11) Phil Harris (1 for 25), Dom Henson (0 for 9), Nick Harris (1 for 34), Andrew Gall (0 for 26), Shane Callard (1 for 8) all played homage to the bowling star of the Day Mark Coldwell [5-3-4-4] who totally mesmerized the opposing batsmen with his leg spin bowling.

James Hepburn kept very well behind the wicket, conceding no byes at all during the innings. The Cavs gained a winning draw, thereby taking 21 points from the game and cementing third place in the league.

There are a number of under-15 players that have now played their second season in the 2nd XI; all have made good progress this year, making notable contributions throughout the season.

If the Cavs 2nd XI can put in as much effort and commitment next year I'm sure they can gain promotion next season. Thanks very much to all the players that have turned out for the Cavs this year, the club looks for your continued support next season.

The Cavs would like to thank their sponsors: Simons Plance, Anthony Brown Estate Agents, Chiropodist Roz Couzens, Accesstraining.co.uk, Red Dragon Computers, Llantwit Major Autocentre, Jaipur Bangladeshi & Indian Cuisine, Nathaniel and The Cooperative Travel for their much appreciated sponsorship of the club.

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THE LLANTWIT MAJOR RFC UNDER-7S START WITH A WIN

THE under-7 Llantwit Major RFC tag team had their first outing of the new season at home to Bridgend Sports.

With a lot of experienced players moving up to the next age group the squad is currently thin on numbers. Not to be deterred, the players arrived early for a brief pre-game warm up led by a new addition to the coaching team, Andrew Mitchem.

Bridgend arrived in numbers and enthusiasm; leading the team for the day as captain Maverick Jennings rallied his players ready for the challenge producing a sterling effort.

Notably the Llantwit defence was the key success, forcing countless turnovers throughout the contest. Llantwit scored 14 tries and conceded 10, resulting in the team winning all three games; try scorers included Maverick

Jennings, Joel Harris, Kyle Pagano, Ifan Lovejoy, and Bleddyn Mitchem.

A special mention to the team debutant Evan Boulton who played his first game for the club and turned in a great performance.

If you have a child aged 6-7 and would like to join the team please email LMRFC0708@hotmail.com for more information.

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MIXED BOWLS MATCH IS ENJOYED BY ALL!

COWBRIDGE bowlers played a most enjoyable mixed friendly match at home against Penarth Rectory Road Bowls Club which resulted in a 89-69 win for Cowbridge.

Both clubs each won on three rinks, but Cowbridge had the better winning scores. It was great to see all six rinks being used, and before the rain started, we managed to play 15 ends.

On the rink with Mary Thomas/May Jones, Bryan Hole, Guy Morton and skip Shirley Wilkinson, they won well 20-6. The rink with Janet Morton, Rob Lewis, Clive Pritchard and skip Joy Woolford, also had a good win, 18-5.

Skip Alan Wallace's rink with Lynda Wilson, Ron Woolford and Kay Edwards, won 16-13. The three losing rinks were: Lin Wallace, Sylvia Hole,

Ron Frayling and skip Norman Wilkinson - 13/15, Dorothy Pritchard, Phyllis Price, Jan Lewis and skip John Jones - 12/14, and Helena Snelling, Mary Dowdle, Colin Wilson and skip Pat Holdsworth - 10/16.

At the end of a most enjoyable afternoon, 49 bowlers sat down for a very welcome tea and refreshments.

Our lady captain, Kay Edwards, and lady secretary, Mary Thomas, were invited by the president of Glamorgan CWBA, Maureen Fargie, to take part in her president's day match at Porthcawl Prince of Wales Club.

After a buffet lunch, they played a game of 15 ends, and this was followed by a hot meal. Kay and Mary both really enjoyed their day, and were honoured to represent our club.

Our triples weekend was a great success, with 36 bowlers forming 12 teams.

Four teams played in a preliminary round on Saturday morning, with the winners going through to play the four bye teams in the afternoon. The four winning teams then played Sunday morning in the semi finals.

John Hunt, Guy Morton and skip Kay Edwards' team beat the team of Danny Powell, Lynda Wilson and skip Helena Snelling. The team of Diane Lloyd, Bryan Hole and skip Pat Holdsworth

beat the team of Dorothy Pritchard, Gerwyn Watkins and skip Peter Launder.

The final was played on Sunday afternoon in glorious sunshine, and resulted in Kay's team beating Pat's team by one shot, 18-17. It was a brilliant match, and during the competition the finalists had each bowled a total of 180 woods!

Well done to club members for a well supported weekend. This week is our finals weekend.

NJW

Seconds end season with a whimper

LAST Saturday the 2014 season drew to a close with Cowbridge playing host to Llandysul at the Athletic Ground.

Cowbridge had already guaranteed second division cricket for another year and were hopeful of finishing on high. However, this was not to be the case with Cowbridge losing heavily in a very disappointing game.

Perhaps it was the knowledge that the season was over that was the cause for Cowbridge's poor showing. Having lost the toss Cowbridge were made to bat first and with only two batsmen making double figures Cowbridge were bundled out for a meagre 63 runs.

Unsurprisingly, this total was

simply not competitive and Llandysul romped to victory in a little over 14 overs for the loss of three wickets.

This was an unfortunate way to end the season but there have been many positives to come out of the season. There have been some excellent collective performances over the season from the side and the atmosphere, whether the side has won or lost, has always been excellent.

It has been very pleasing to see such youngsters as Joe Russell, Sean Rowland and Cai Owen all progress throughout the season along with the likes of Sam Russell. The ever consistent and dependable John Gilbert led the attack assisted ably by Michael Hordley, Ian Evans and others.

There were runs from the captain along with Ian Evans and Sean Rowland, who scored his maiden 100 for the club, plus contributions from Darren Van Der Vyver, who was a welcome addition to the side.

Thanks must be extended to all those who have supported the side as well as to Jeff Davies who scored for the team and to David Webb and Ian Evans who have assisted the captain greatly throughout the season.

Hopefully 2015 will bring further success for the side and provide more opportunity for the talented youngsters within the club to gain further experience of playing senior cricket.

JW

Cowbridge darts league round-up

THE 2014-2015 season of the Cowbridge Darts League is about to begin.

This year we have eight teams competing, hosted by six pubs. The venues are Edmondes Arms, Cowbridge; Farmers Arms and Hare and Hounds, Aberthyn; Llanharry Working Men's Club, Llanharry; Highwayman Inn, Nurston and the Old Post Inn, Bonvilston.

The opening league matches will be played on Tuesday, September 9. The Edmondes A are hosting the defending

champions, Llanharry, with the Edmondes C hosting last year's runners-up, the Edmondes B. The other two matches are the Hare & Hounds hosting the Highwayman Inn and the Farmers Arms hosting the Post Ladies. All matches start at 8.15pm and spectators are always welcome.

For further information e-mail Paul a t cowbridgedarts@gmail.com, up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

Aberthyn Bridge Club news

ON Friday, August 29, Aberthyn Bridge Club moved their bridge tutorial session to the Hare and Hounds.

We treated it as a welcome break, not only did we enjoy some good bridge play but we also had a tapas lunch! We all enjoyed the relaxed atmosphere and had fun.

The results were: 1. Rex Chess & Iris Carey 63.34 per cent, 2. Beth Budd & Margaret Davies 56.66, 3. Chris Morgan & Fran Morgan 50.33.

JB

CALLING ALL CLUB OFFICIALS!

We welcome your sports reports, news and other items of interest - email: gemeditorial@tindlenews.co.uk

Bridge results

RESULTS for Cowbridge and District (Llanbleddian) Bridge Club, Tuesday August 19:

1st Wendy Bailey and Heather Shaw 64.68 per cent, 2nd Pam Higgs and Brenda Grove 62.70, 3rd Rita Williams and Marian East 56.75.

Tuesday, August 26: 1st Helen and Mike Rutley 60.83, 2nd Ann Miller and Marian East 56.67, 3rd Debbie Rosevear and Marian Arnold 55.83.

A reminder for all members that our AGM will be held at 7pm on Tuesday, September 23, followed by our autumn party - we look forward to seeing you all.

ME

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Not so much 'peace for our time' as a New Deal for Welsh rugby ...BUT HOW LONG WILL IT TAKE FOR THE WOUNDS OF CONFLICT TO FINALLY HEAL?

Pictures by
HUW EVANS AGENCY



FLASHBACK to March 15, as Wales completed a mixed Six Nations campaign with a 51-3 victory, running in seven tries to rout the hapless Scots in a Mardi Gras-like atmosphere at the Millennium Stadium, Cardiff.

Settlement of the issues off the field should help keep players' spirits high at the start of a crucially important season for their Rugby World Cup hopes.

No-one will be more relieved than the Welsh captain, Sam Warburton (right), who had become unwillingly embroiled in the (now thankfully) resolved issue of central contracts – and had faced the ludicrous situation of not having a team to play for!



ON September 30, 1938, British Prime Minister Neville Chamberlain stood on the steps of 10 Downing Street after signing a well-publicised pact with the German Chancellor in Munich, and told a cheering crowd – in a frequently misquoted phrase – “I believe it is peace for our time!”

He was repeating the same optimistic message that had been brought back by a predecessor, Benjamin Disraeli, from the Congress of Berlin in 1878 – though, sadly, in each case the waved piece of paper failed to avert a catastrophic world war.

While no-one would suggest, of course, that the fortunes of Welsh rugby rank anything like as high on the Richter scale of major historical events, the long overdue signing of last week's accord between the Welsh Rugby Union and the four professional Welsh Regions, after a bitterly divisive and acrimonious two-year dispute that brought our national game right to the cliff edge of civil war, was greeted with a collective sigh of relief.

While the fine detail of the new Rugby Services Agreement (RSA) between the WRU and RRW (representing the Welsh Regions), is still unclear, both sides have agreed on a £60million WRU funding package over six years, increased from £6.7million to £8.7million – including £2million set aside for dual WRU/regional contracts for at least six leading players, who will be selected by the national coach, Warren Gatland. They will now become employees of the WRU.

(The Welsh Regions' 40 per cent contribution to the dual contracts will be £1.3million).

The WRU will also extend £3.6million loans to the four Regions, repayable during the term of the agreement, in addition to a one-off payment of £500,000 for each of them – and will also provide £600,000 a year support for the regional academies, whose management and control will transfer to the

BACK PAGE COMMENT by Don John

Regions. The latter will now consider raising their self-imposed £3.5million wage cap.

Thankfully, both sides appear willing to put the unpleasant rancour of the past months behind them and have been at pains to present the RSA as an innovative New Deal to take Welsh rugby forward into a brave new future. The WRU clearly believes the protracted talks finally achieved its primary objectives, which, from the outside, indeed appears to be the case.

Group chief executive, Roger Lewis, said: “The new agreement creates a new and positive relationship with Welsh rugby and is firmly based on the rugby priorities for Wales. “The national dual contracts will help us keep more of our best players in Wales and help stem the flow of talent we develop here through our academies and Regions.”

Complimenting the Welsh Regions and the RRW “for all their hard work”, he added that successful Regions were essential to the development of the professional game in Wales.

“We now have an agreement that will ensure the pyramid structure – which leads from the grassroots right through to the international team – is strong and truly fit for purpose,” he averred, tacitly admitting that it was not the case previously.

However, while RRW chairman, Nigel Short, also believes the RSA is a “positive step forward”, he cautioned – “There is plenty of hard work still to be done. Things will not change overnight.”

Moreover, there is lingering discomfort over the painfully drawn out, at times virulent nature of a publicly-aired dispute in which many harsh words were said, causing deep divisions that according to some commentators, “had made Wales a laughing stock in the world”.

This was borne out by RRW's acting chief executive, Mark Davies, last week, when he admitted: “Let us be clear about it... the first

thing we all need to do is apologise [to all Welsh rugby fans] for the anxiety they have experienced... that is why we went to see supporters' groups last night.

“I would hope all of us would look in the mirror and see things we might have done differently... At times it's been tortuous, at times uncomfortable”.

Despite this, he said the four regional squads all seem to be in a good place mentally and physically – and confirmed there was “a better structure going forward.”

Blues' chief executive Richard Holland agreed: “It's been a difficult process and well documented that it's been damaging to Welsh rugby... It's now our duty to look forward.”

Dragons' chief executive Gareth Davies, who is bidding for a place on the WRU board, tellingly observed: “Fundamentally, I don't believe there is anything there [in the Agreement] that wasn't a clear proposition at the latest last October.”

Which, of course, begs the question – in that case, why DID it take so long to resolve such a damaging, ill-natured dispute, the long-term effects of which could yet smoulder on, despite all the reassuring words? Perhaps we will never really know!

Meanwhile, though, let us at least give thanks that there is now clarity where once there was confusion.

Thankfully, the latest crisis in our notoriously turbulent national game has been resolved, albeit at the eleventh hour, just as a crucially important new season kicks off that will culminate in Rugby World Cup 2015.

There will be satisfaction at the WRU that the final outcome has reinforced overall control of Welsh rugby from the centre, and achieved its primary aims on the thorny issue of central contracts to counteract the worrying ‘player drain’ from Wales.

It has also undoubtedly strengthened the hand of national head coach Warren Gatland (who won praise on all sides for his role

during the talks), with agreement on 13 senior international matches each year, and regional players made available to him for 13 days beforehand.

In future, those playing outside Wales cannot expect to be considered for selection (present exiles excepted); while the number of foreign players on the Regions' books will be limited to six. The RSA also sees the welcome return of the Wales A team after many years absence.

For the four Regions, the WRU financial package seems to have met their main concerns over funding issues – following on the separate deal struck with the leading English and French clubs over the new BT Sport-backed European Champions Cup, in which the Regions hope to swell their coffers further by some £7million.

It prompted RRW's Mark Davies to comment: “The combination of what we have been able to achieve, particularly through European competition, plus this agreement, means that for the first time for a long time, there's not such a cash stress in the regional business”.

So now everyone concerned presumably accepts there can be no more excuses for persistent below-par results of the kind that would not be tolerated in the professional round ball game, where heads regularly roll.

That Wales has the playing talent to succeed at the very highest level has never been in question. The national squad's steady progress has been measurable under Gatland's tenure – less so with the four professional Regions' displays in Europe – as shown in their dismal failure last season.

With the change in their financial fortunes, they will now surely come under greater pressure to perform and start to win back the legions of disillusioned, stay-away fans.

As for the latter, as the smoke clears from the battlefield, they will be hoping that this time peace will prevail and they can heed the final words of advice offered by Neville Chamberlain in 1938 – “Go home and get a nice quiet sleep!” – hopefully, with a little more confidence for the new season ahead!